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Welcome to January!



Started the year off saying "New Year, new me", but struggling to stay on track? Well, you've come to the right place.

After a whole month of over-indulgence, festive gatherings and brunches galore, word on the street is that everyone's partied out – for now, anyway.

In line with reigning things in this January, this issue is all about starting the year on the right foot, with a much-needed health-kick.

Inside you'll find countless recipes to get you back on track and that will help shake that sluggish feeling. Why not give our 7-day healthy diet plan on page 38 a try? I'm all against fad diets and deprivation of individual food groups, but this plan was created with sustainability in mind, as well as your taste buds.

And, if you're finding it tough to stay on the healthy path, we have comfort recipes tucked inside waiting to save the day *(Feed your body and soul, p54)* – and what's best is that they keep the calorie count down (yes, chocolate-orange steamed pudding included).

Just when you thought all the festivities were said and done, this month sees the celebration of Chinese New Year on January 28, and we've created a mouthwatering menu for six to share with family and friends *(Easy entertaining, Chinese New Year, p60)*.

After the party, treat yourself to a 'detox daycation' *(p76)* – the must-try experience this month that combines a trip to the spa with a nutritious meal (sign me up!).

Here's to a year full of unforgettable culinary adventures. I hope it's abundant with happiness, in and out of the kitchen.

Sophie
Editor

PS Free with this issue, you'll find this year's guide to the must-know chefs from the region. I hope it lends inspiration when you're next looking for a spot to dine out around town!

WHAT WE'RE LOVING!



"This 'Cheat's chicken ramen soup' is so tasty and easy to make – a must-try for those eating healthy this month," says sales executive, Liz.



Sales director, Michael says: "I'm always on the look-out for quick meals that taste great, and this jerk prawn & coconut rice bowl does all of that!"



"These game-changing sarnies have made coming back to work after the holidays so much easier – perfect for eating desk-side," says graphic designer, Froilan.

goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

INGREDIENT OF THE MONTH

YUZU

Pronounce it: yoo-zoo

Up until a few years back this citrus, originating from Central China and Tibet, was relatively unheard of in many countries around the world. Commonly associated with Japanese cuisine, the yuzu is thought to be a hybrid of sour mandarin and Ichang papeda. It looks somewhat similar to a small grapefruit and features uneven, vibrantly coloured skin – yellow or green, depending on the ripeness of the fruit. They are very aromatic and have a sweet-sharp flavour that is both orangey and lemony but also includes a fresh hint of green that all combine to make something lively and individual; some detect the presence of grapefruit flavour too. Yuzu is very rarely eaten raw as a fruit, but the scented juice and zest is commonly used in both savoury and sweet dishes. This is generally because the fruit is rarely available fresh – unless in Asian supermarkets – however, it will be found widely as a flavouring all year around in commercially produced products from oils and dressings to ice creams and yogurts. When it comes to using yuzu to cook, you can use the juice or grated zest with confidence wherever you would usually use an orange or a lemon. Don't hesitate when it comes to using it drinks, cocktails, biscuits, cakes, icings, salad dressing, with fish or poultry, yogurt, ice cream, custards, mousses, trifles, pancakes and a few others. For recipes using yuzu, visit: bbcgoodfoodme.com.

LET US KNOW: *What do you use yuzu to make?*

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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



DOORSTEP DELIVERY

Celebrating its one-year anniversary in the UAE, Deliveroo – the takeaway service that ensures doorstep delivery of your food order in 32 minutes or less – has launched in Abu Dhabi. The location-based service, which launched in 2013, offers users the ability to pay and track the order's progress from purchase to delivery, via both web-based and mobile app technology. Deliveroo partners with premium restaurants that do not typically deliver, offering customers a range of new choices. In Abu Dhabi, the team has secured partnerships with local eateries such as Jazz@Pizza Express, Cafe Bateel, Cinnabon, Magnolia Bakery, Hanoi and Taqado – with more to come. The service will be available throughout the week between 11am and 11:30pm with free delivery for a limited time.



ALL IN A BROTH

Boasting an abundance of health benefits, Hollywood's latest go-to beauty fix comes in the form of Bone Broth, and has just been brought to the UAE by Dubai-based health brand, The Clean Living Company. Used by the likes of Gwyneth Paltrow, Salma Hayek and others from the sports and wellness industry, Bone Broth is prepared using the finest marrow bones from organically raised, 100% grass-fed cows or pastured chickens, in addition to organic vegetables and fresh seasoning. Simmered for up to 48 hours to ensure all minerals and vitamins are extracted, the broth contains healing compounds including collagen, and amino acids such as glutamine, glycine and proline, which assists in boosting immunity. Great for complexion, rejuvenating dry hair and assisting weight loss, Bone Broth is available in 500ml portions for Dhs55 each, or the 21-day lifestyle package can be purchased for Dhs870. The broth is available at The Ripe Organic Market in Dubai. *See cleanlivingcompany.ae or call 056-7215511.*

THE BEST BITES

Text SOPHIE MCCARRICK | Health news SARAH LIENARD | Photographs SUPPLIED



A TASTE OF CANADA

Expanding the Canadian culinary reach across the UAE, Canada Beef and Simply Gourmet have partnered with Choithrams supermarkets to introduce a new range of Canadian products in stores. From restaurant quality beef including Canadian Premium Angus Beef, exclusive Maple Syrup products, Lotus Fine Food, CheeCha Puffs, to Martin's Apple Chips, Kiju Juice, Ultimate Kale Chips, Hidden Garden Cookies, Nanak Milk Foods and more, the products will be available from February 2017. **See canadabeef.ca or prairiehalalfoods.com.**

HEALTH TREND

Vegan inspiration

Are you attempting Veganuary (veganuary.com)? Here are some vegan staples to try.

Seitan. Made from wheat gluten, seitan is high in protein and similar in texture and appearance to meat when cooked. Try it in stews or stir-fries.
Teff. This tiny grass seed is rich in calcium, iron and protein. Use it like a grain in side dishes, or ground into a flour for baking.
Arrowroot powder. Extracted from the root of maranta, a tropical plant, this flavourless powder is useful for quickly thickening sauces and soups.



PACK A PERFECT PICNIC



Perfect for taking a healthy lunch to work, storing family leftovers or going on a picnic while the weather is at its best, the Lifefactory collection is your go-to for optimum mobile food and drink storage. The tempered glass storage containers and sleeves are oven, microwave, freezer and dishwasher safe, which means that the line serves as bakeware. Plus, the medical-grade silicone sleeves provide protection and include button tabs to secure the lids during transport – making it easy for you to use glass storage without having to worry about it smashing. And, better yet, the sleeves do not need to be removed for cleaning and are dishwasher safe. The flexible range is available in a selection of colours that can be mixed or matched to add a dash of design to your cabinets and fridge. Prices range from Dhs65 for a 1-cup container, Dhs75 for 2-cup containers, and Dhs90 for 4-cup containers, and you'll find the Lifefactory collection in the UAE at the following outlets: Organic Foods & Café, Jones the Grocer, and Db Babies. **Visit lifefactory.com.**

Take a cookery course

Spruce up on your cooking skills this year and head to Solo Italian Restaurant & Bar at Raffles Dubai, where executive chef Doxis Bekris is launching Italian cuisine masterclasses. Set to take place every Saturday from January 28 to March 4, 2017, each food-filled class will focus on a different style of Italian cooking. From learning how to make your own fresh pasta, gnocci and pizza, to perfecting the art of antipasti and other Italian classics. Cooking Masterclasses at Solo are priced at AED 300 per person (inclusive of soft drinks) and run from 11.30am to 2pm. Each class has a maximum group size of six people to ensure one-on-one personal tuition from the professional chefs, and classes must be booked in advance. For more information or to book, call +971 4 314 9720, email solo.dubai@raffles.com or **visit www.solodubai.ae.**



Get your gadgets



If you're on the lookout for some fun, new cooking gadgets, head to one of the newly opened Lakeland stores at Dubai Mall or Dubai Marina Mall. From spiralizers and slicers to microfiber cleaning sponges and hob cleaning scrapers, Lakeland offers both classic and innovative merchandise, from everyday utensils and preserving basics to never-seen-before cookware. The brand also has established stores located in Mall of the Emirates, Mirdif City Center, Mushrif Mall, Dalma Mall and Al Wahda Mall in Abu Dhabi. **See lakeland.ae.**

CAVIAR CRAZY

Yes, you're looking at the world's largest tin of caviar ever made. Last month, Burj Al Arab Jumeirah joined forces with AmStur Caviar, to successfully set the Guinness World Record title for the 'largest tin of caviar ever created'. The monumental tin, named 'The Mashenomak' in honour of the 'Great White Sturgeon' of Native American legend, was custom-made by AmStur for the occasion. The record-breaking tin contained 17kg of deep-grey Empress caviar – the world's only fully certified organic caviar from native-raised sturgeon.



Top product picks



Look after your digestive health with Essentially's new addition of 'good bacteria' to its Green Juice range. Along with green goodness such as spinach, kale and cucumber, live vegan probiotic, Ganeden BC30, will be added to the emerald cold press from January 15, 2017. Priced at Dhs45 for 473ml, from essentially.ae and the Ripe Farm Shop, Physique57, Pret A Manger and Mawasim in Abu Dhabi.



Kick-start your day with a fresh cup of coffee with this Capsule Machine from Coffee Planet. Perfect for freshly roasted coffee on-the-go. Available for Dhs395 from coffeeplanet.com.

Looking for a new breakfast alternative that's ideal for being on-the-go, tasty and healthy? These belVita Good Morning are now available in the UAE and are full with nutrients, vitamins, minerals to get your day off to the right start. Priced at Dhs12 for 300g from all major supermarkets.



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Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

The Atlantic Dubai, Souk Al Bahar

Showcasing seafood in its purest form, The Atlantic Dubai has opened doors – in its first venture outside of Melbourne, Australia. Celebrating an 'ocean to plate' concept, The Atlantic showcases an open-plan dining room, a raw Oyster Bar and terrace overlooking the Dubai Fountains, Dubai Opera House & Burj Khalifa. With room for 200 diners, the industrial-style venue is spearheaded by executive chef and partner Donovan Cooke, of MasterChef Australia fame, who has adapted recipes from his Melbourne kitchen to suit the Dubai palate. *Call 04-4425662.*

Lucky Voice Dubai, Grand Millennium

Love singing just as much as you love food? This new opening is for you. Spread across two floors, you'll find nine private and fully soundproof karaoke pods; accommodating parties of 6, 8, 10, 12, and 15 people. Two VIP karaoke rooms holding 18 and 25 people will open early this year. The restaurant, cocktail and karaoke bar is where to head to let your hair down, and enjoy light bites or a full dining experience (with a dedicated pork kitchen). Dishes on offer include the likes of 'the lucky clawdaddy' – a hybrid of a lobster roll benedict and a hot dog, honey and wholegrain mustard pork ribs, yellow fin ceviche, and prime angus beef steak with a chili and chocolate rub. *Call 04-4478010.*

Siddharta Lounge by Buddha-Bar, Grosvenor House

It's back! Siddharta Lounge by Buddha Bar has officially re-opened its doors to reveal a new look, following major refurbishments. The restaurant, lounge and bar boasts a fresh urban revamp with 360 degree views of Dubai Marina, The Palm Jumeirah and onwards to the Arabian Gulf. And, with a new venue comes a new menu, serving up 'Mediterrasian flavours'. *Call 04-3176000.*

SpiceKlub, Mankhool, Bur Dubai

From Mumbai to Dubai, SpiceKlub has launched its first international venture. Offering classic vegetarian Indian dishes, the Indian eatery is a casual dining, family-friendly restaurant, set to serve authentic North Indian cuisine, with a molecular twist. SpiceKlub is best known for its North Indian classics, street food style, and deconstructed desserts. *Call 04-3931233.*

The Atlantic Dubai, Souk Al Bahar

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



↘ Gaucho Dubai, DIFC

To start the year off on the healthy foot, Gaucho has launched new detox lunch menus. For Dhs120 for two courses and Dhs150 for three courses, you can enjoy lunch menus that have the means to get you back on track, such as a light and healthy Perrier Mojito before a sinless flash grilled rump steak with artichokes and kale, a colourful dish of fire roasted peppers and avocado, or a serving of oven-baked sea bream – among other options. *Call 04-4227898.*

↘ Ramusake, DoubleTree By Hilton Hotel, JBR

This popular Japanese eatery is starting the new season with a menu dedicated to those opting for healthier options. Not compromising on size; Ramusake will offer 8 new dishes, selected based on their ingredients and cooking method along with mocktails and fresh juices. Expect to enjoy two cold starters including vegan fruit ceviche served with cashew nut ricotta and spicy ponzu as well as braised artichokes and truffled leeks served with yuzu tomato salsa. For those seeking a hot starter, Ramusake will be serving dashi poached sunchokes with wafu dressing and sunchoke crisps. For mains, opt for sea bass in origami papillote, or a steamed sushi bowl which details shiitake, crab meat, kinshi egg, wasabi accompanied with soy. *Call 04-5595300.*





↘ *Jamba Juice, various locations*

Using fresh whole fruits, vegetables and 100% fruit juice in all its smoothies and juices, Jamba Juice offers food and beverages that are packed with essential vitamins and minerals. If you're feeling run down after the festive indulge, the Superfood smoothie range includes nutritious options filled with antioxidants such as acai berry and kale-ribbean breeze, which contain powerful superfoods such as acai, kale, chia seeds and Greek yogurt. In addition to its range of freshly squeezed juices and blended fruit smoothies, the brand has also expanded their menu with the introduction of nutritious food items including a range of salads, sandwiches and wraps. *See jambajuiceme.com.*

↘ Tub of Butter, Al Thanya Street

Although the name may have you thinking that there'll be no healthy options on the menu, think again! For all those New Year resolutioners out there, this newly opened casual eatery is a place for enjoying freshly made foods on-the-go. Enjoy healthy treats like fresh cut fruits, softly poached eggs benedict, crushed avocados with chili chia seeds and lime on toasted sourdough bread, and more, all while browsing the outlet's selection of artisanal products from around the world – like Japanese tea blends, truffle honey and diamond salt. *Call 04-3438884.*

↘ Carluccio's, various locations



Keeping it fresh and healthy, Carluccio's has revealved that all of its 11 Middle Eastern outlets will serve a brand new all-day breakfast menu to cater to the more health conscience diner. The menu, which is available all day from 8am, includes new treats like smashed avocado with wild rocket and pumpkin seeds, home-made granola with natural yogurt, an organic fruit salad and fresh salmon rosti's with poached eggs on a zucchini bake, and more. All dishes have been reduced in fat and cooked in the healthier way. *See carluccios.com/restaurants/united-arab-emirates.*



↘ Under 500

If you're looking for guilt-free cooking delivered straight to your door, Under 500 is a healthy concept that prides itself on making food always under 500 calories taste great. Dishes and drinks on offer all provide the healthy serving of protein, natural fats and carbohydrates we're looking for, without compromising on taste. From options like salmon ratatouille, lean beef burger, chicken burrito bowl, to flavoursome smoothies, there's plenty on offer to keep you full and on the healthy track. *See under500.com.*



Le Classique, Emirates Golf Course

A new menu has launched at Le Classique, allowing you to sample a variety of beautiful French eats inspired by seasonal produce, textures, flavour and colours. The Discovery Menu consists of three dining options, each with a select number of bespoke personalised courses that are created by head chef Remi. Enjoy on the three-course 'Le Confiance' at Dhs330 per person, or indulge on the five-course option for Dhs450 per person, or even explore the nine-course journey for Dhs560. *Call 04-4179999.*



Mazina, The Address Dubai Marina

Sample the delightfully vibrant Friday brunch at Mazina, overlooking the Dubai Marina. The ideal spot for gathering with family and friends, this brunch offers an assortment of culinary delights from around the world, all prepared live for you from five show kitchens. Every Friday from 12.30pm to 3.30pm, the child-friendly brunch is priced at Dhs315.

Catch Dubai, The Fairmont Dubai

A new brunch has launched at Catch Dubai, offering a range of comfort food for those who are after a hearty meal, as well as those who may be paying a little more attention to their waist line. With delicious starters including avocado on toast, lobster roll, cinnamon rolled pancakes and chicken salad; the menu is perfect for relaxing with on a Saturday from 1-4pm. All brunch packages are complimented by a beverage package with several options available including; unlimited beer, house wine and house spirits for Dhs399 per person, unlimited wine, bubbles, Bellini's, Mimosa's, Michelada's and Bloody Mary's for Dhs449 per person, or Dhs275 per person for unlimited soft-drinks. *Call 04-3571755.*

Delphine Restaurant, The H Hotel Dubai

Each Friday, be dazzled by an exciting line-up of entertainment at the newly launched Hollywood Brunch, where a dance trio who will recreate a series of Charleston dance classics and the restaurant team will get in-character to ensure each week is an event worthy of The Great Gatsby. There will be fresh seafood, cold cuts, cheeses and desserts from the buffet as well as a variety of a la carte dishes, including fish and chips, pan seared salmon, braised beef short ribs, and wagyu sliders. Taking place from 12.30-4pm every Friday, the brunch costs Dhs265 with soft drinks, Dhs385 with bottomless selected beverages (including sparkling wine and cocktails), and Dhs145 for kids up to 12 (below 5 with compliments). *Call 04-5018623.*



Celebrate Chinese New Year on January 28

Kitchen6, JW Marriott Marquis Dubai



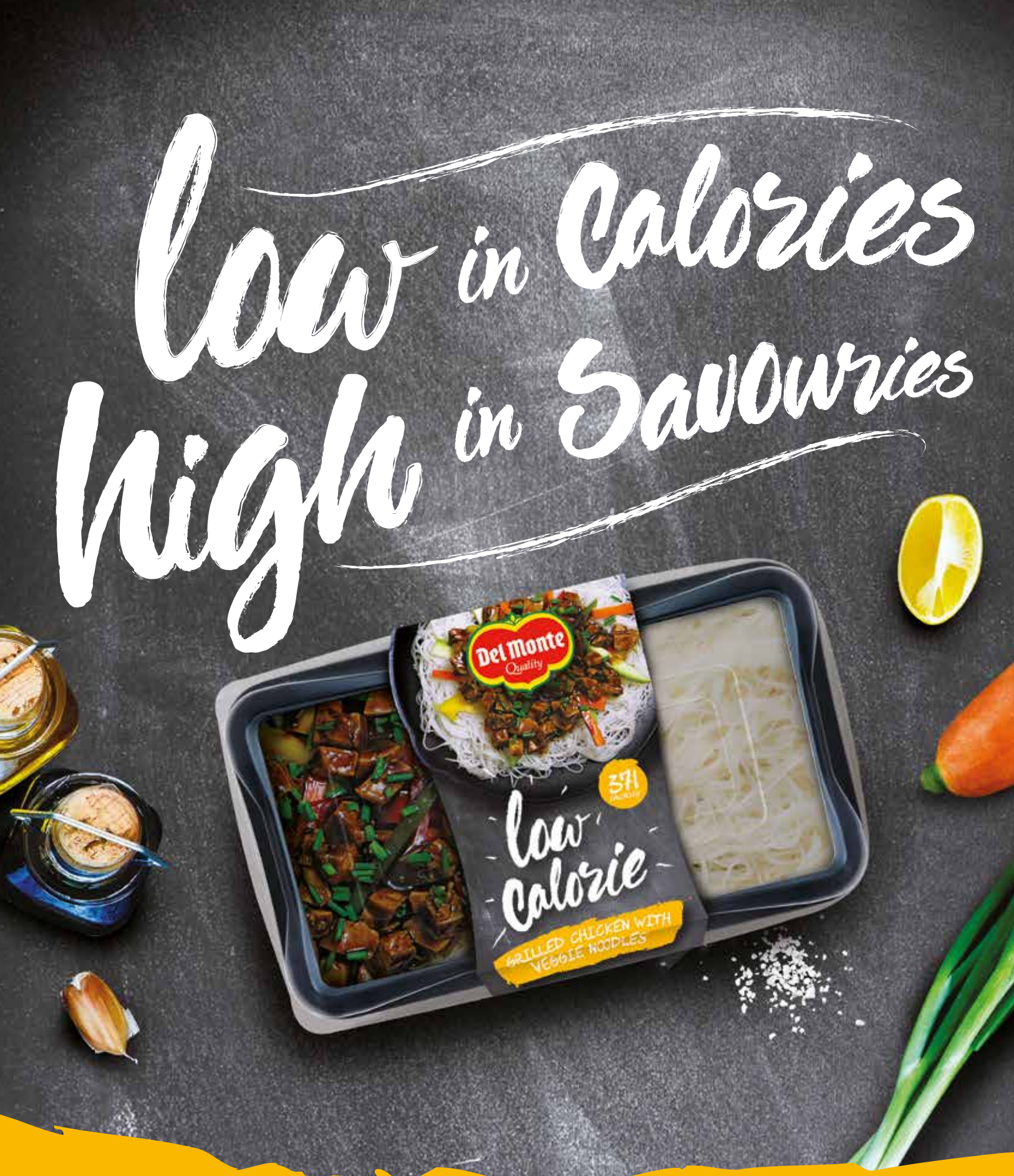
Celebrate the Year of the Fire Rooster at Kitchen6 with a lavish international buffet that features an extended selection of Chinese traditional festive dishes such as traditional Yee Sang or Prosperity Toss salad, Singapore chili lobster, New Year rice cakes and others. Guests will be greeted with a special Red Lotus welcome drink upon arrival. Priced at Dhs215 per person, including soft drinks. From January 27 until 29, 2017, 7pm to 11pm.

Shang Palace, Shangri-La Hotel Dubai



Indulge in unlimited Peking duck – one of the most popular dishes of Chinese cuisine that was once an imperial dish made for only the Emperor and his guests. For Dhs238 per person (soft beverages) or Dhs358 (house beverages), feast on unlimited Peking duck, stir-fried rice, noodles and finish on a sweet note with an assortment of desserts. Taking place every Wednesday from 7-11pm. *Call 04-4052703.*

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delmontearabia.com

Tried & tasted

Each month, we review three of the city's top tables.

BEACHSIDE BRUNCH



Blue Marlin Ibiza UAE, Ghantoot



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where:
ZERO GRAVITY, NEXT TO SKYDIVE DUBAI DROP ZONE

Dining experience: Saturday beach brunch, available every week.

What's it like? Set beachside overlooking the entire stretch of JBR, Zero Gravity combines a restaurant, lounge and bar – spread across a two-story indoor venue, around a pool and along the beach. As host to various brunches, beachgoers by day and revellers by night, it's an impressive venue. Midday, the atmosphere is relaxed and uplifting, with the latest tunes being played by an international DJ in the background and as the afternoon goes on, the vibe gets a little livelier around the pool. I'd recommend opting for a bed on the beach if you want to keep it chilled.

What are the food highlights? Go for items off the a la carte menu and have them served to your bed or head to the restaurant seating area (charged per dish), or enjoy an array of grills and international bites from the varied cooking stations. From the menu, highlights include the sushi and sashimi platter – very freshly prepared and including all the favourites. The Cordon Bleu pizza is a great dish to share, topped with light cream cheese, crumb-fried chicken, turkey ham and cherry tomatoes – the crust is light and thin too, so you'll not feel bloated in your swimwear. From the buffet, there's everything from shawarma and curry, to mac n cheese – great for nibbling on throughout the afternoon.



How was the service? The team were extremely friendly and always quick on hand if you needed something, without being intrusive.

The bottom line: A great spot to hang-out with friends in the sun on a Saturday afternoon, and at really reasonable price for six hours unlimited F&B and a spot on the beach.

Want to go? Priced at Dhs199 for ladies and Dhs249 for men from 12-6pm. Call 04-3990009 or visit 0-gravity.ae.

Photographs SUPPLIED









Where:
BLUE MARLIN IBIZA UAE, GHANTOOT, NEXT TO THE GOLDEN TULIP AL JAZIRA HOTEL

Dining experience: Saturday beach brunch, available every week.

What's it like? Most commonly known as a successful party spot, this waterside venue takes things down a notch on Saturdays. Boasting a chilled out, Mediterranean atmosphere, the beach club makes you feel much further from Dubai than it actually is – a great daycation escape. With music played by global DJs and performers (don't miss jazz singer Nuvo Jazz on Jan 21), you're sure to be singing along while catching some rays.

What are the food highlights? Food is served to your table (if seated on the restaurant's terrace), or to your sunbed on the beach. From a live BBQ station, you'll receive the likes of succulent beef skewers and mini burgers (very spicy, I thought), plus and personal tray offering a selection of sushi, beautifully baked camembert with crunchy toasts, freshly grilled corn on the cob, tempura vegetables, scallop salad, and more – all of which are refillable upon request. In line with its Spanish roots, to drink you'll find plenty of sangria, however, can order grape by the bottle too.

How was the service? Service was very attentive and all staff members were well versed on the food and drinks menu.

The bottom line: Whether you're looking for a relaxing, yet upbeat place to celebrate a birthday with a group of friends or finish the week of with your other half, this venue ensures an afternoon of fun in the sun.
The only downfall was finding transportation back to Dubai post-brunch. I'd recommend scheduling an Uber or Careem, as the private taxis waiting outside come with an expensive price tag. Blue Marlin also offer a safety driver service with 48-hour notice.

Want to go? Priced at Dhs275 per person (restaurant seating, 1-3pm and 3.30-5.30pm) or Dhs295 (beach seating, 2-4pm), or Dhs550 with Moët Ice Imperial for Saturday Brunch. Call 056-1133400 or e-mail reservation@bluemarlinibiza-uae.com.

Where:
LA CALA, GHANTOOT MARINA

Dining experience: Friday Balearic Brunch, available every Friday and Saturday.

What's it like? Launched in October last year, La Cala is a new boutique bar and restaurant nestled within the Ghantoot Marina waterways. From the guys behind Pier 7's popular British eatery, The Scene, this new opening presents a refreshing way to brunch. Comprising a restaurant, bar and lounge area, La Cala transports you to Spanish shores with hues of blue and orange, comfortable sofas and relaxing sounds of the Balearics throughout the afternoon. If you choose to stay after sunset, prepare for dancing as the tunes are turned up.

What are the food highlights? The menu draws inspiration from both Asia and the Mediterranean, and for brunch the experience begins with a lovely selection of starters to share delivered to the table. Scoop up a serving of creamy burrata with heirloom tomato, or delight in the refreshing tuna ceviche. And, as messy as they look – the smoky chicken wings are a must (incredibly tasty!). For main, you're given the choice of a dish from the menu that features things like salmon skewers, stone-baked sourdough pizza topped with succulent Asian duck, and grilled angus sirloin – all served with a choice of sides.

How was the service? As a small venue, there's a sense of family between the team here, which was so nice to see. All staff were extremely friendly and went out of their way to ensure that you were comfortable and having a great time.





The bottom line: La Cala offers sunset bliss – it's the ideal place for putting your feet up with your loved one, or a few friends, to enjoy bites, drinks and great music while the sun sets in the distance. A little oasis, just 30 minutes from Dubai.

Want to go? Priced at Dhs295 for three-hour brunch package, 1-6pm. There's also a Thursday night special for Dhs249 from 7-10pm every week, including unlimited pizza and bubbles. Call 050-1518407 or e-mail info@lacalabeach.com.

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ASK THE EXPERTS

Which health driven food bloggers would you recommend following for inspiration to help get us off on the right foot this year?



Sally Prosser

Author of award-winning food and travel blog www.mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.



January in Dubai sees a spring in my step due to the lovely weather, lots of walking and lighter eating after the indulgent festive period. I get my inspiration from the incredible local, organic produce at the Farmers' Market at Bay Avenue plus I'm an enthusiastic reader of many blogs around the world.

My first port of call will be Food to Glow written by my friend Kellie, an American who now lives in Scotland. Her blog is packed full of recipes for mainly plant-based food, and a riot of colour and vibrant flavours. The posts are witty and entertaining, and the recipes simple without complicated ingredients. Kellie is a health educationist and nutrition adviser with Maggie's Cancer Caring Centres by day; she "can't help slipping in a side order of juicy nutrition facts and thoughts" with suggestions for a wide range of dietary options. Try the apple and oat bars - my sister baked them for people at work to rave reviews. Visit Food to Glow at kelliesfoodtoglow.com.

One of the first food blogs I ever read was Heidi Swanson's 101 cookbooks. I joined an army of readers inspired by Heidi's cool style, simple approach to vegetarian food and beautiful photography. It was part of the catalyst for starting my own little blog. Now, as a cook book author and owner of an online culinary boutique she doesn't post so often but her bank of recipes is so good to dip into (all catalogued meticulously). Visit 101 Cookbooks at 101cookbooks.com.

In an attempt to eat as much veg as possible I turn to Veggie Desserts for vegetable cakes, bakes, breakfasts and more. Vegetable obsessive Kate even manages to sink them into delicious drinks – one to bookmark for dry January. Visit Veggie Desserts at *veggiedesserts.co.uk*.



I would say with a Nutribullet, juicer or any fancy gadget that helps you to get fit – keep them accessible. It is easy to lose interest, if every time you want to make a healthy smoothie or fresh juice you need to rummage through the cupboards.

There are plenty of recipes online, but one of the rules to follow, is to focus on vegetable juices with just a few fruits added.

Combining celery, cucumber and ginger will give you cleansing tonic. Add fresh turmeric to any of your smoothies for an extra immune boost. Add chia seeds to give different texture to your drinks. Experiment – there are no rules really. The main thing is to continue once the excitement wears off.

You don't have to make just smoothies, though. Another good use for the Nutribullet is to make herb oils in it. You can blanch up a cup of parsley and blend it with cup of oil – great addition for your cooking.

Happy juicing!

For those gifted a Nutribullet or a new blender over the holidays, what smoothie combinations would you recommend to boost the immune system after December indulgence?



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.

ASK THE EXPERTS

After a busy, expensive and food-filled December, it's time to reign things in this month. What healthy, inexpensive ingredients do you recommend stocking up on to get back on track?



Darren Velvick
Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



It's that time of year that the The Farmers' Market On The Terrace is now open again, so I'd recommend visiting there – you can really keep food costs down when buying local and organic.

I normally buy things in bulk, and then when I return home I'll spend the whole day pickling, bottling, and fermenting. I use the old techniques to preserve shelf life. This way you can optimise the product at a great price and in its prime season. Some equipment to buy to help you with this would be a dehydrator (not too expensive around Dhs200-300), some jars for storing fermented, semi-dried and pickled ingredients in (Ikea have a great selection that's inexpensive), plus a blender like a Nutribullet.

In terms of ingredients, I'd recommend buying beetroot and onions for pickling, cucumbers (I either ferment or make dill pickles), tomatoes (I semi-dry and place in jars then cover with olive oil and garlic), kale (I dehydrate and make crisps or powder for my smoothies), red and white cabbage (I make into sauerkraut or Kimchi), peppers (I grill and peel, again into jars like the tomatoes).

Plus, I buy bunches of herbs and dehydrate to make into teas or dried herbs. In doing so, as a family we have reduced our weekly spend by over 50% and we eat very healthy. The only problem is now I have nowhere to store everything – I guess I'll need another fridge....

Now that the holidays are over, what is your advice for getting motivated and back into a healthy routine?



I think we can all agree that holidays usually involve a little too much food and drink overindulgence. Our health goals and routine are temporarily forgotten about while we are enjoying a relaxed food-filled December. Here are my top tips for getting motivated and finding your way back into a healthy routine.

Sit down and make a plan. Decide what you want to achieve in terms of health and fitness and how you are going to do it. I like to print off a weekly calendar to stick on my fridge and write in what days I am going to run, go to the gym, food shop and what I will be cooking for my meals. I recommend you also record on this calendar what you're your health goals are. Seeing this every morning when you wake up is an awesome way to kick-start that motivation.

A strong supportive environment makes the world of difference. Encourage your partner or best friend to join you on getting into a healthy routine. Having a support buddy will keep you accountable, make it fun and of course you will be helping them to become healthier as well.

Clear out your kitchen of all food that doesn't support your goals. Those left-over chocolates and biscuits that have filled your kitchen over the last month, if they are a temptation to you then get rid of them. Lastly, fill your fridge and cupboards with healthy food. If we have healthy food in our kitchen, we will eat healthy food!



Chloe Moir
A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.

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Your Say

We love hearing from you!



A big thank you to BBC Good Food Middle East for the 'Modern Family, Magical Moments' recipes in the December issue. As a parent, I can't express enough how pleased it makes me to see child-friendly recipes. The kids absolutely loved making the polar bears and 'reindeer food' on Christmas Eve – it made the evening that little bit more special. Please keep the kid-friendly recipes coming, cheers!

Susan Rutherford



I'd like to say a big congratulations to all of the winners and finalists who made it in the BBC Good Food ME Awards. I now have a list of new restaurants to try out! I saw coverage in the magazine and watched a great video from the evening on your Facebook page. I'd love to come next year – how do we get tickets?

Joanne Swift

Win!



The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola,** The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER



Over the festive period, I relied on the BBC Good Food Middle East Christmas Collection for pretty much everything I cooked. What a wonderful addition to the magazine! I've been a subscriber for three years now, and the festive issue is always my favourite – but this year, you took it up a notch with the Christmas booklet. It's full from front to back with mouthwatering recipes (some I still need to try), and even though it's supposed to be for Christmas, I shall continue using it throughout the year – it's perfect for giving that weekly, traditional roast a special twist. Thanks guys at BBC Good Food ME – I really hope you plan on introducing more of these collections.

Sally Hankinson

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED





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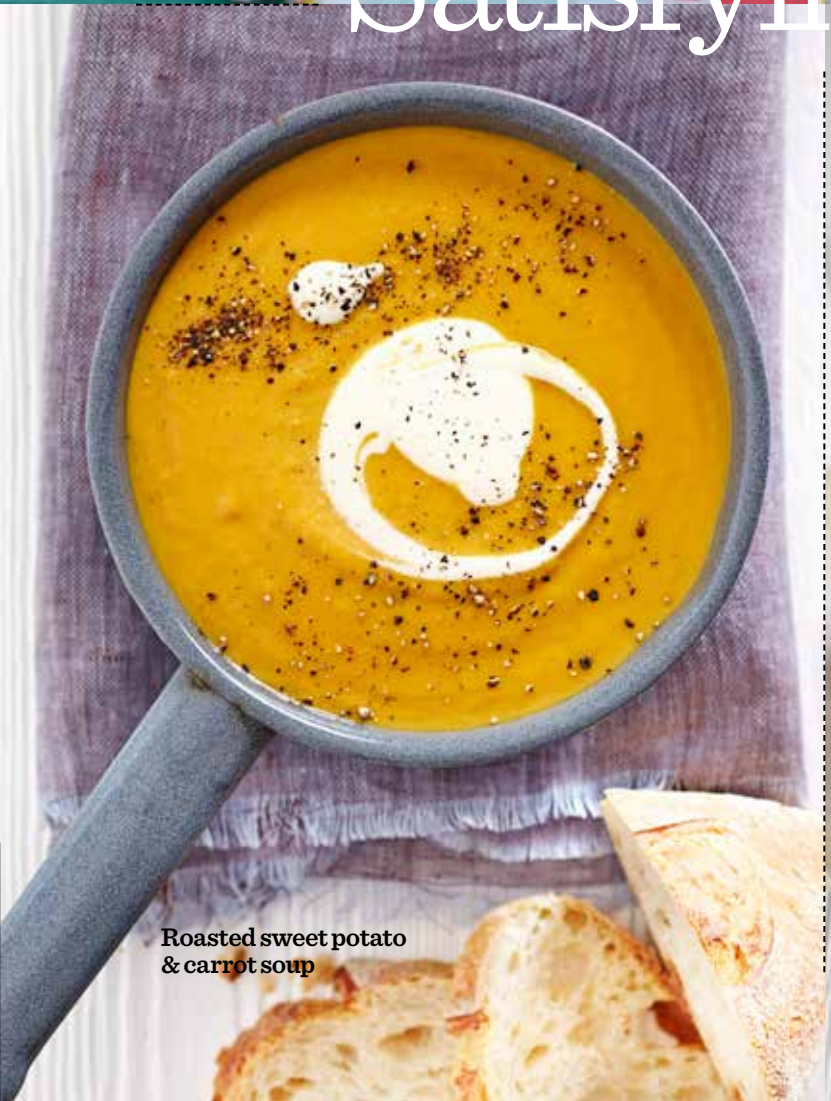


Merguez beanpot



Cheat's chicken ramen

Satisfying soups



Roasted sweet potato & carrot soup



Beetroot soup with feta, radish & croutons

Cheat's chicken ramen

SERVES 4 PREP 10 mins
COOK 15-20 mins EASY

1.2 litres good-quality chicken stock
small pack coriander, stalks and leaves separated
1 red chilli (deseeded if you don't like it too hot), sliced
2 tbsp light soy sauce
100g grey oyster mushrooms, sliced
100g pack baby pak choi
2 skinless cooked chicken breasts, sliced
100g egg noodles
50g sliced bamboo shoots



1 Set a large saucepan over a medium heat and pour in the stock. Finely chop the coriander stalks and add to the stock with most of the chilli. Bring to the boil and add 200ml water. Once boiled, reduce the heat and simmer for 5-10 mins to infuse the coriander and chilli.
2 Add the soy sauce and a grinding of black pepper, then the mushrooms, pak choi, chicken and noodles. Simmer for 2 mins until the noodles soften, before adding the bamboo shoots.
3 Serve in deep bowls topped with coriander leaves and the remaining chilli slices.

PER SERVING 255 kcals, fat 5g, saturates 2g, carbs 20g, sugars 2g, fibre 4g, protein 30g, salt 2.4g

Merguez beanpot

SERVES 4 PREP 10 mins
COOK 45 mins EASY

2 tbsp olive oil
500g merguez sausages, cut into bite-sized pieces
2 onions, chopped
1 red pepper, chopped
2 x 400g cans chopped tomatoes
2 tbsp Worcestershire sauce
2 tbsp Dijon mustard
2 tbsp brown sugar
2 x 400g cans cannellini or red kidney beans, drained
coriander or parsley and tortillas, to serve



1 Heat the oil in a large pan, add the merguez sausages and fry them until browned. Add the chopped onions and red pepper, and fry for 5 mins until softened. Add the cans of chopped tomatoes and 1 can of water, the Worcestershire sauce, Dijon mustard and brown sugar. Season and bring to the boil. Give it a stir, then reduce the heat, cover and simmer for 15 mins.
2 Stir in the kidney beans, return to a simmer and cook for a further 5 mins. Scatter with chopped parsley or coriander and serve in bowls with some tortillas for dipping.

PER SERVING 658 kcals, fat 39g, saturates 12g, carbs 47g, sugars 28g, fibre 10g, protein 25g, salt 4.8g

Beetroot soup with feta, radish & croutons

SERVES 4 PREP 20 mins plus 2 hrs chilling (optional)
COOK 50-55 mins EASY
V ❄ soup only

2 tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
1kg fresh beetroot, peeled and diced (wear rubber gloves to stop your hands turning pink)
1.5 litres vegetable stock
½ small loaf sourdough, diced into large croutons
100g radishes, finely sliced
100g feta, crumbled



1 Heat 1 tbsp oil in a large saucepan and add the chopped onion, frying for 5 mins until slightly softened. Add the garlic, stirring to combine for 1 min, then toss in the beetroot and cook for 15 mins.
2 Pour in the stock and bring to the boil. Once boiling, reduce the heat and simmer uncovered for 30 mins or until the beetroot is tender. Season well and leave to cool a little before blending.
3 Meanwhile, heat the grill to high and put the sourdough croutons on a baking sheet drizzled with the remaining 1 tbsp oil and toast until golden. Whizz the soup until smooth using a hand blender.
4 If serving the soup chilled, leave to cool completely and chill for a couple of hrs before serving. If serving hot, warm through in the pan for 2-3 mins. Serve in bowls or mugs with the croutons, radishes and crumbled feta scattered over.

PER SERVING 403 kcals, fat 13g, saturates 4g, carbs 52g, sugars 25g, fibre 11g, protein 15g , salt 2.9g

Roasted sweet potato & carrot soup

SERVES 4 PREP 15 mins
COOK 35 mins EASY V ❄

500g sweet potatoes, peeled and cut into chunks
300g carrots, peeled and cut into chunks
3 tbsp olive oil
2 onions, finely chopped
2 garlic cloves, crushed
1 litre vegetable stock
100ml crème fraîche, plus extra to serve



1 Heat oven to 220C/200C fan/gas 7 and put the sweet potatoes and carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning. Roast the veg in the oven for 25-30 mins or until caramelised and tender.
2 Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry the onion over a medium-low heat for about 10 mins until softened. Add the garlic and stir for 1 min before adding the stock. Simmer for 5-10 mins until the onions are very soft, then set aside.
3 Once the roasted veg is done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in the crème fraîche, a little more seasoning and reheat until hot. Serve in bowls topped with a swirl of crème fraîche and a good grinding of black pepper.

PER SERVING 419 kcals, fat 19g, saturates 8g, carbs 45g, sugars 27g, fibre 10g, protein 11g, salt 0.9g

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recipes ESTHER CLARK *photographs* TOM REGESTER

Prawn & potato pie

SERVES 4

Peel and cube the potatoes. Cook in a pan of boiling water for 15 mins or until tender. Drain and mash with 4 tbsp olive oil until smooth. Season to taste. Heat the cheese sauce in a pan, stir through the prawns and spinach, and cook gently for 1-2 mins.

Spoon the mixture into a medium pie dish and top with the mash. Pop under a hot grill and cook for 6 mins until golden and the filling is bubbling.

GOOD TO KNOW calcium • folate • vit C
PER SERVING 525 kcals • fat 25g • saturates 10g • carbs 46g • sugars 4g • fibre 5g • protein 26g • salt 1.7g


850g white potatoes

+


2 x 350g tubs cheese sauce

+


2 x 150g packs raw peeled king prawns

+


200g baby spinach

=



Jerk prawn & coconut rice bowls

SERVES 2

Heat 1 tbsp flavourless oil in a large frying pan. Add the prawns and the jerk seasoning, and cook for 1-2 mins. Drain the beans, reserving 3 tbsp of the chilli sauce.

Add the beans to the pan along with the reserved sauce and the coconut rice. Fry for 3-4 mins, then season with salt to taste and spoon into two bowls to serve.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 531 kcals • fat 14g • saturates 5g • carbs 62g • sugars 11g • fibre 13g • protein 29g • salt 2.6g


150g pack raw peeled king prawns

+


1½ tbsp jerk seasoning

+


400g can kidney beans in chilli sauce

+


250g pouch coconut rice

=



Prawn & leek frittata

SERVES 2

Heat 2 tbsp olive oil in a medium frying pan. Slice the leeks and add to the pan, cooking for 5 mins. Add the prawns and cook for 1 min more. Beat the eggs and whisk through half the cream cheese. Season to taste. Pour the mixture over the prawns and leeks, dot over the remaining cheese and cook on a medium heat for 5-8 mins. Finish under a medium-hot grill for 2 mins until just set with a slight wobble.

GOOD TO KNOW folate • fibre • vit C • iron • 1 of 5-a-day
PER SERVING 476 kcals • fat 30g • saturates 9g • carbs 10g • sugars 8g • fibre 7g • protein 37g • salt 1.6g


3 large leeks

+


150g pack raw peeled king prawns

+


5 large eggs

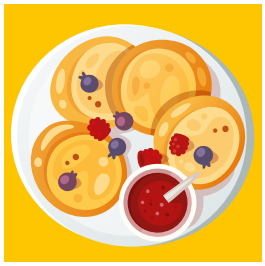
+


120g garlic & herb cream cheese

=



Food styling JENNIFER JOYCE | Styling LUIS PERAL





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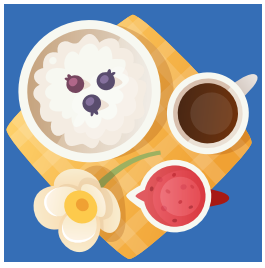
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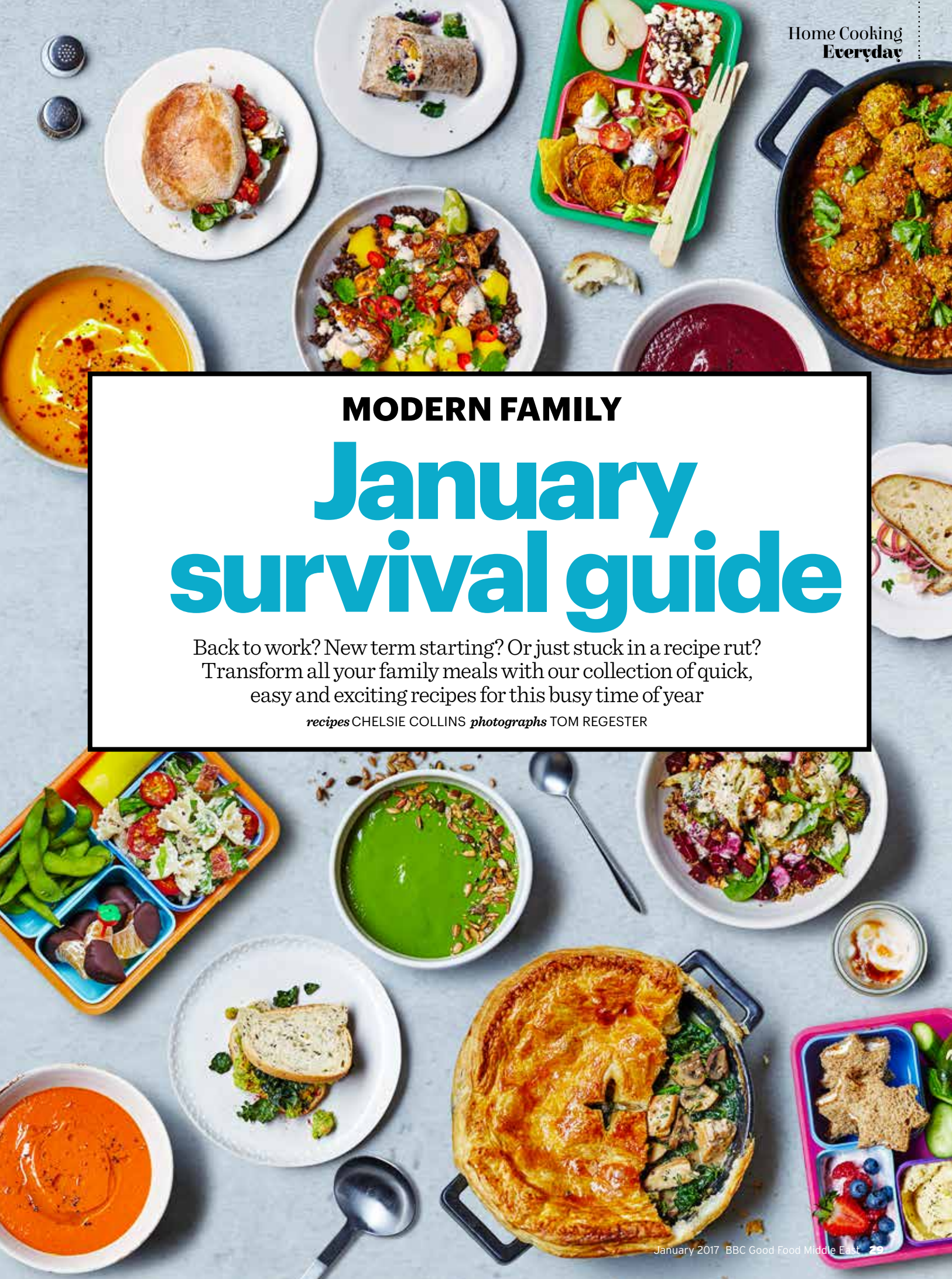
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MODERN FAMILY

January survival guide

Back to work? New term starting? Or just stuck in a recipe rut? Transform all your family meals with our collection of quick, easy and exciting recipes for this busy time of year

recipes CHELSIE COLLINS *photographs* TOM REGESTER



Lifesaver lunchboxes

New ideas to pep up packed lunches

Little rascals For kids aged 4-8

You're a star sarnies

SERVES 1 PREP 15 mins NO COOK

Use a star-shaped cutter to stamp out three bread stars from **2 slices wholemeal bread** (freeze the off-cuts to make breadcrumbs). Swirl **1 tsp red pesto** through **½ tbsp cream cheese** and spread onto both sides of the stars. Close, wrap in cling film and chill in the fridge if making the night before.

PER SERVING 81 kcals • fat 5g • saturates 2g • carbs 6g • sugars 1g • fibre 1g • protein 2g • salt 0.3g

Fruity sundae

SERVES 1 PREP 10 mins NO COOK

Dollop **80ml natural yogurt** into an airtight container. Blend or mash **25g strawberries** to a purée and swirl through the yogurt. Top with **10g mixed berries**.

BENEFITS vegetarian • low fat • calcium • gluten free
PER SERVING 77 kcals • fat 3g • saturates 2g • carbs 8g • sugars 8g • fibre 1g • protein 5g • salt 0.2g

Add these extras **1 baby cucumber** cut into chunks and **2 tbsp houmous** in a small pot.

Snack attack Ages 9-12

BLT pasta salad

SERVES 1 PREP 10 mins COOK 10 mins EASY

25g pasta bows
2 cooked crispy bacon rashers, broken into pieces
15g spinach, chopped
6 cherry tomatoes, halved
½ tbsp crème fraîche
¼ tsp wholegrain mustard

The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraiche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.

BENEFITS folate • 2 of 5-a-day
PER SERVING 332 kcals • fat 13g • saturates 5g • carbs 35g • sugars 12g • fibre 5g • protein 18g • salt 1.5g

Food styling JENNIFER JOYCE | Styling WEI TANG



Teenagers' munchbox Ages 13-16

Choco-dipped tangerines

SERVES 1 PREP 10 mins NO COOK

Peel **1 tangerine** and dip half of each segment in **10g melted dark chocolate**, then put on a baking sheet lined with parchment. Keep in the fridge for 1 hr to set completely, or overnight if you prefer.

BENEFITS vegetarian • vit c
PER SERVING 99 kcals • fat 4g • saturates 2g • carbs 13g • sugars 12g • fibre 2g • protein 1g • salt none

Add these extras Some **edamame beans** and ½ **a small banana**.

Chicken taco salad

SERVES 1 PREP 10 mins NO COOK

¼ tsp olive oil
2 tbsp low-fat soured cream
1 tsp white wine vinegar
1 Baby Gem lettuce, shredded
50g sweetcorn, drained
5 cherry tomatoes, halved
75g cooked BBQ chicken
juice 1 lime
½ small avocado, peeled and chopped
1 corn taco shell, broken into pieces

1 Make the dressing by combining the oil, soured cream and vinegar. Keep in the fridge.
2 Put the lettuce, sweetcorn, tomatoes and chicken in a lunchbox. Stir the lime juice into the avocado and put on top. Pack the dressing on the side.
3 Scatter the taco over the salad to serve.

BENEFITS folate • fibre • vit c • 4 of 5-a-day • good for you
PER SERVING 421 kcals • fat 20g • saturates 4g • carbs 27g • sugars 16g • fibre 10g • protein 29g • salt 0.8g

Sweet potato crisps

SERVES 1 PREP 10 mins COOK 20 mins EASY

Heat oven to 200C/180C fan/gas 6 and slice ¼ **small sweet potato** thinly. Toss with ½ **tbsp olive oil** and roast for 15-20 mins until crisp. Leave to cool.

BENEFITS vegan • gluten free
PER SERVING 70 kcals • fat 2g • saturates none • carbs 12g • sugars 6g • fibre 2g • protein 1g • salt 0.1g

Chocolate-drizzled popcorn

SERVES 1 PREP 10 mins COOK 3 mins EASY

Put **12g unsweetened popcorn** on a baking tray and drizzle over **15g melted dark chocolate**. Put in the fridge to set for 5-10 mins or overnight.

PER SERVING 143 kcals • fat 9g • saturates 3g • carbs 13g • sugars 6g • fibre 2g • protein 2g • salt 0.2g

Add an extra ½ **pear** in the lunchbox.

Beetroot & onion seed soup

SERVES 1 PREP 5 mins
COOK 5 mins EASY

Tip **250g cooked beetroot**, **100g canned lentils**, **1 small apple**, **1 crushed garlic clove** and **1 tsp onion (nigella) seeds** into a blender with **250ml vegetable stock** and some seasoning, and blitz until smooth. Heat until piping hot in the microwave or on the hob, then scatter over some extra onion seeds, if you like.

BENEFITS vegetarian • freezable • low fat • folate • fibre • 3 of 5-a-day
PER SERVING 257 kcals • fat 2g • saturates none • carbs 41g • sugars 30g • fibre 10g • protein 12g • salt 1.2g

Super-speedy soups

Whizz it, heat it, eat it! All these can be made in a bullet blender, then simply heat in a pan or the microwave until piping hot

Hot 'n' spicy roasted red pepper & tomato soup

SERVES 1 PREP 5 mins
COOK 5 mins EASY

Put **290g drained, roasted red peppers** in a blender with **270g halved cherry tomatoes**, **1 crushed garlic clove**, **1 vegetable stock cube**, 100ml water, **1 tsp paprika**, **1 tbsp olive oil** and **4 tbsp ground almonds**. Blitz until smooth, season well and heat until piping hot before serving.

BENEFITS vegetarian • freezable • folate • vit c • 2 of 5-a-day
PER SERVING 631 kcals • fat 48g • saturates 5g • carbs 23g • sugars 12g • fibre 5g • protein 23g • salt 3.0g

Carrot & ginger immune-boosting soup

SERVES 1 **PREP** 5 mins
COOK 5 mins **EASY**

Peel and chop **3 large carrots** and put in a blender with **1 tbsp grated ginger**, **1 tsp turmeric**, **a pinch of cayenne pepper**, **20g wholemeal bread**, **1 tbsp soured cream** and **200ml vegetable stock**. Blitz until smooth. Heat until piping hot. Swirl through some extra crème fraîche, or a sprinkling of cayenne, if you like.

BENEFITS vegetarian • freezable • low fat • 1 of 5-a-day • good for you
PER SERVING 223 kcals • fat 7g • saturates 3g • carbs 30g • sugars 19g • fibre 10g • protein 5g • salt 1.1g

Spinach & watercress soup

SERVES 1 **PREP** 5 mins
COOK 5 mins **EASY**

Put **100g spinach**, **100g watercress**, **1 sliced spring onion**, **100ml vegetable stock**, **½ an avocado**, **100g cooked rice**, **juice ½ lemon** and **2 tbsp mixed seeds** in a blender with seasoning. Whizz until smooth. Heat until piping hot. Scatter over some toasted seeds if you want added crunch.

BENEFITS vegetarian • freezable • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • good for you
PER SERVING 457 kcals • fat 26g • saturates 5g • carbs 33g • sugars 2g • fibre 9g • protein 18g • salt 0.5g

Game-changer sarnies

Quick-to-make sandwiches that stay crunchy until lunchtime



Sesame stir-fry wrap

MAKES 1 **PREP** 5 mins **NO COOK**

Mix **2 tbsp tahini** with **juice ½ lemon** and 1 tbsp water to form a paste. Spread on the base of **1 large wholemeal tortilla wrap** with some seasoning. Scatter over **½ x 265g pack stir-fry vegetables** and **½ tbsp sesame seeds**. Roll up in a tight wrap and halve.

BENEFITS vegan • calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER WRAP 511 kcals • fat 32g • saturates 6g • carbs 32g • sugars 6g • fibre 0g • protein 0g • salt 0.0g

Keep it green sandwich

MAKES 1 **PREP** 10 mins **NO COOK**

Massage **25g curly kale** in **½ tbsp sesame oil** and **½ tbsp tamari** for a few mins until softened, then set aside.

Smash **1 small avocado** with a fork in a bowl with **juice 1 small lime**, **40g drained chickpeas** and some seasoning. Spread across **1 slice rye bread**, lay the kale on top and sprinkle with **½ tsp paprika**. Top with **another slice of rye** and halve.

BENEFITS vegan • fibre • vit c • 2 of 5-a-day
PER SANDWICH 443 kcals • fat 27g • saturates 5g • carbs 32g • sugars 2g • fibre 10g • protein 11g • salt 1.8g

Ham, cheese & homemade pickle bloomer

MAKES 2 **PREP** 10 mins plus pickling
NO COOK P

Finely slice **½ red onion** and **4 radishes** and put in a small bowl with **2 tbsp red wine vinegar** and a **pinch of golden caster sugar** and leave to lightly pickle for 20 mins. Mix **1 tbsp mayo** with **1 tbsp Dijon or wholegrain mustard** and spread onto **4 thick slices white bread**. Top two slices with **½ x 130g pack smoked ham**, **handful fresh parsley** and **2 large slices cheddar**. Drain the onions and radishes and lay on top. Close and halve to serve.

PER SANDWICH 527 kcals • fat 36g • saturates 14g • carbs 25g • sugars 4g • fibre 2g • protein 26g • salt 3.1g

Italian sub

MAKES 2 **PREP** 5 mins **NO COOK** P

Halve **2 x 135g ciabatta rolls** and butter the bases, if you like. Lay **90g salami slices** on top, **60g torn mozzarella**, **2 tbsp torn basil**, **10 sundried tomatoes** and drizzle over **1 tbsp balsamic glaze**. Close to serve.

BENEFITS calcium
PER SANDWICH 527 kcals • fat 36g • saturates 14g • carbs 25g • sugars 4g • fibre 2g • protein 26g • salt 3.1g

Al-desko lunches

Simply layer your bowl using this equation:

Grain + veg + protein + crunch factor + dressing in a pot = perfect al-desko lunching



Roasted cauli-broc bowl with tahini houmous

SERVES 2 **PREP** 10 mins **COOK** 30 mins

400g pack cauliflower & broccoli florets
2 tbsp olive oil
250g ready-to-eat quinoa
2 cooked beetroots, sliced
large handful baby spinach
10 walnuts, toasted and chopped
2 tbsp tahini
3 tbsp houmous
1 lemon, ½ juiced, ½ cut into wedges

1 The night before, heat oven to 200C/180C fan/gas 6. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of flaky sea salt. Roast for 25-30 mins until browned and cooked. Leave to cool completely.
2 Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and walnuts. Combine the tahini, houmous, lemon juice and 1 tbsp water in a small pot. Before eating, coat in the dressing. Serve with the lemon wedges.

BENEFITS vegan • folate • fibre • vit c • 2 of 5-a-day • good for you • gluten free
PER SERVING 533 kcals • fat 37g • saturates 4g • carbs 28g • sugars 6g • fibre 10g • protein 16g • salt 0.8g



Jerk chicken & mango bowl

SERVES 2 **PREP** 15 mins
COOK 15 mins

2 chicken breasts, cut into strips
2 tbsp jerk paste
1 tbsp olive oil
250g ready-to-eat lentils
4 spring onions, finely sliced
1 red chilli, finely sliced
½ small bunch coriander, leaves only
1 mango, cubed
1 lime, cut into wedges
8 tbsp natural yogurt
4 tbsp mango chutney

1 The night before, heat oven to 200C/180C fan/gas 6. Put the chicken in a roasting tin and rub with the jerk paste, olive oil and a little seasoning. Bake for 15 mins until it is cooked, then leave to cool.
2 Build each bowl by putting half the lentils, chicken, spring onions, chilli, coriander and mango in each, with lime wedges at the side. Put yogurt in a separate pot with the mango chutney swirled through. Coat in the yogurt dressing just before eating.

BENEFITS calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 660 kcals • fat 18g • saturates 5g • carbs 66g • sugars 39g • fibre 11g • protein 54g • salt 3.3g

One-pot wonders

Satisfying suppers that will save on the washing-up, plus you can freeze leftovers for another day

Chicken, kale & mushroom pot pie

SERVES 4 PREP 10 mins
COOK 40 mins EASY

1 tbsp olive oil
1 large onion, finely chopped
3 thyme sprigs, leaves picked
2 garlic cloves, crushed
350g chicken breasts, cut into small chunks
250g chestnut mushrooms, sliced
300ml chicken stock
100g crème fraîche
1 tbsp wholegrain mustard
100g kale
2 tsp cornflour, mixed with 1 tbsp cold water
375g pack puff pastry, rolled into a circle slightly bigger than your dish
1 egg yolk, to glaze

1 Heat ½ tbsp oil over a gentle heat in a flameproof casserole dish. Add the onion and cook for 5 mins until softening. Scatter over the thyme and garlic, and stir for 1 min. Turn up the heat and add the chicken, frying until golden but not fully cooked. Add the mushrooms and the remaining oil. Heat oven to 200C/180 fan/gas 6.

2 Add the stock, crème fraiche, mustard and kale, and season well. Add the cornflour mixture and stir until thickened a little.

3 Remove from the heat and cover with the puff pastry lid, pressing into the sides of the casserole dish. Slice a cross in the centre and glaze with the egg. Bake for 30 mins until the pastry is puffed up and golden.

BENEFITS freezable • vit c • 2 of 5-a-day
PER SERVING 673 kcals • fat 41g • saturates 20g • carbs 40g • sugars 6g • fibre 5g • protein 34g • salt 1.4g



Lamb meatball curry

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY**

For the meatballs
1 tbsp fennel seeds, toasted
2 garlic cloves, finely grated
thumb-sized piece ginger, finely grated
2 green chillies, deseeded and finely chopped
1 onion, finely chopped
60g dessicated coconut
400g lamb mince

For the curry sauce
1 tbsp olive oil
1 onion, finely chopped
1 tsp grated ginger
1 tbsp garam masala
1 tsp turmeric
400g can chopped tomatoes
1 tbsp coconut yogurt
½ small pack coriander, roughly chopped
rice or naan, to serve

1 Put all the meatball ingredients in a large bowl and use your hands to combine everything together. Roll into about 16 balls, cover and chill until needed.
2 Heat the oil in a large, deep frying pan over a gentle heat and fry the onion, ginger and spices for 10 mins until the onions are softened. Tip in the tomatoes and a splash of water, and bring to the boil over a high heat. Drop in the meatballs and reduce the heat. Cover and simmer for 15 mins or until the meatballs are cooked. Mix through the yogurt, scatter over the coriander and serve with rice or naan bread.

BENEFITS freezable • iron • 2 of 5-a-day • gluten free
PER SERVING 408 kcals • fat 28g • saturates 16g • carbs 12g • sugars 9g • fibre 5g • protein 23g • salt 0.2g





For enquiries or your nearest retailer in the Middle East email sales@nontoxicsource.com
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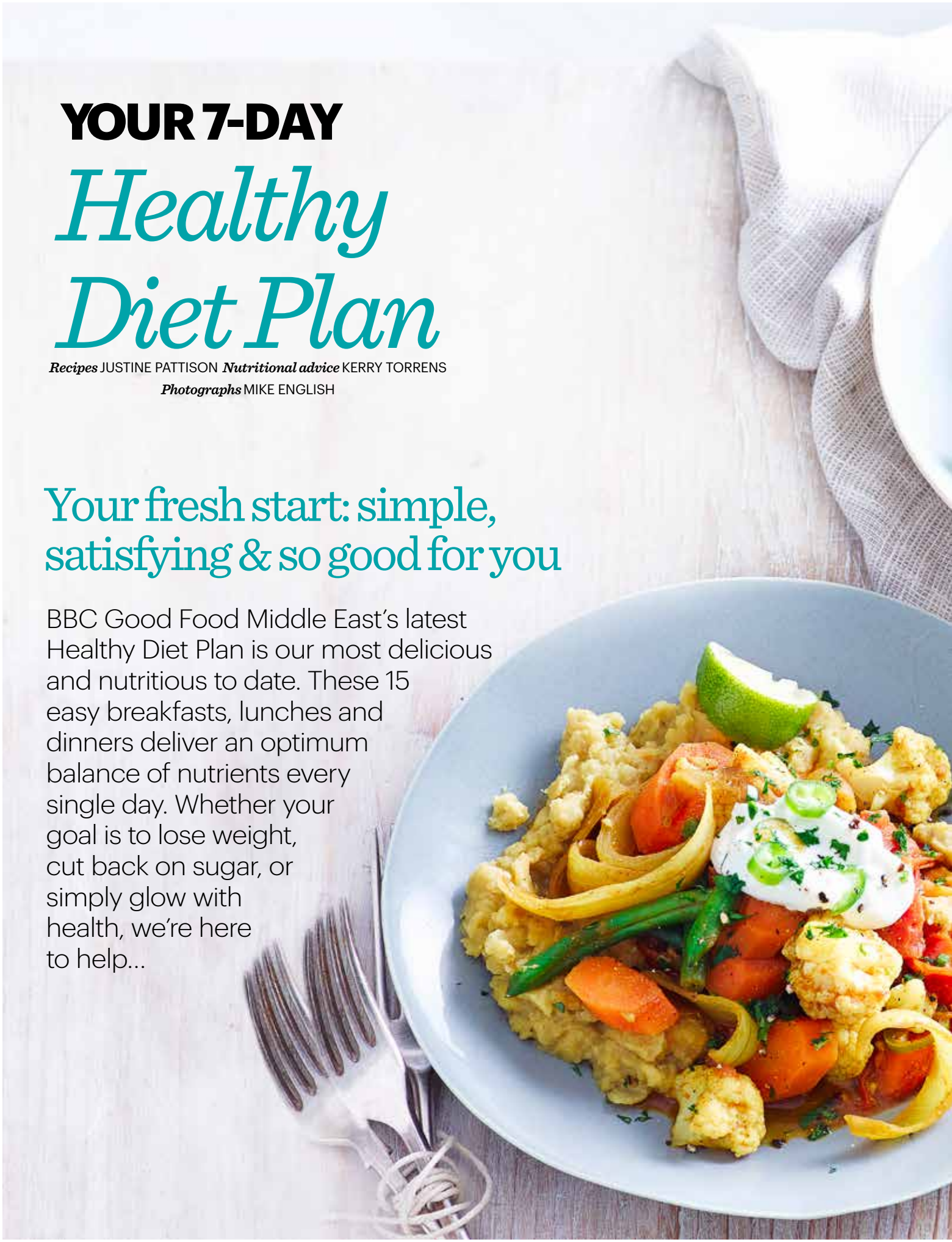
LIFEFACTORY

YOUR 7-DAY *Healthy Diet Plan*

Recipes JUSTINE PATTISON ***Nutritional advice*** KERRY TORRENS
Photographs MIKE ENGLISH

Your fresh start: simple, satisfying & so good for you

BBC Good Food Middle East's latest Healthy Diet Plan is our most delicious and nutritious to date. These 15 easy breakfasts, lunches and dinners deliver an optimum balance of nutrients every single day. Whether your goal is to lose weight, cut back on sugar, or simply glow with health, we're here to help...





WHAT ARE THE BENEFITS?

As with all our diet plans, we stay clear of processed foods and pack our recipes with healthy fats, lean protein and slow-release carbs.

Each day comes in at approximately 1,500 kcals and delivers more than 5 of your 5-a-day. As a result, you can expect to cut back on added sugar, lose excess pounds and increase your energy. You'll also improve your digestion and give a boost to your immunity.

And it doesn't end there – each issue we'll bring you one new recipe for the Healthy Diet Plan, so that you can look and feel great all year long. Look out for them in the Eat Well section every month!

HOW TO USE THE PLAN

We suggest eating the meals as set out in the chart (overleaf) to get the best results. However, if you want to swap or repeat days, you'll still reap all the benefits of eating whole, unprocessed foods.

The recipes make enough for two people for seven days, and starting the plan on Sunday gives you time to get ahead and stock your cupboards.

If you're looking to lose weight, the daily 1,500-kcal intake should be ideal to help you reach your goals. However, if you're particularly active, or aren't interested in weight loss, we have healthy snack and drink suggestions for you at bbcgoodfood.com/diet-plan-snacks.

Food writer Justine Pattison created these exclusive recipes with convenience in mind: 'I've used easy-to-find ingredients and storecupboard basics, and made sure the plan delivers maximum flavour with minimum waste, while giving you the chance to enjoy a variety of dishes.

'We haven't used any highly processed foods, so you might find yourself cooking from scratch more than usual, but I've included simple, one-pot meals and dishes that can be prepped ahead and frozen, to make your life easier.'

GET THE MAXIMUM BENEFIT

Try to take your time over meals – eating slowly and mindfully will help your body to register that food is on the way, and can also improve digestion.

YOUR 7-DAY DIET PLAN

	BREAKFAST	LUNCH	SUPPER
SUNDAY	 Poached eggs with broccoli, tomatoes & wholemeal flatbread	 Roast chicken & roots	 Red pepper houmous with crispbread snaps
MONDAY	 Orange & raspberry granola	 Peruvian chicken, avocado & quinoa salad (using leftover chicken from Sunday)	 Moroccan fish stew
TUESDAY	 Bircher muesli with apple & banana	 Minted pea, goat's cheese & spinach wraps	 Sweet potato dhal with curried vegetables
WEDNESDAY	 Poached eggs with broccoli, tomatoes & wholemeal flatbread	 Chunky vegetable & brown rice soup (freeze leftovers for later in the week)	 Moroccan fish stew
THURSDAY	 Orange & raspberry granola	 Avocado, labneh, roasted carrots & leaves	 One-pot chicken with quinoa
FRIDAY	 Poached eggs with broccoli, tomatoes & wholemeal flatbread	 Chunky vegetable & brown rice soup	 Steak & sweet potato chips
SATURDAY	 Bircher muesli with apple & banana	 Pan-fried mackerel fillets with beetroot & fennel	 Lamb dopiaza with broccoli rice

A NOTE ON HEALTHY FATS

Our plan includes plenty of heart-healthy fats from oily fish such as salmon, as well as nuts, seeds and avocado. We've used whole milk yogurt because the fat helps you to absorb fat-soluble vitamins A and D, however all the fats (including saturates) in our recipes comply with daily reference intakes (RI). For cooking, we've chosen rapeseed oil because of its high smoke point and its useful contribution of heart-friendly, omega-3 fatty acids.

PREPPING PULSES

We use canned beans and pulses, but preparing from dried would be even better, if you have time. To do this, soak them in water overnight and allow a slightly longer cooking time. Alternatively, you can use fresh rather than canned ingredients (tomatoes, for example) – simply use the same weight of tomatoes and top up with a little extra water.

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For more healthy recipes, visit
bbcgoodfoodme.com

Boost-yourself BREAKFASTS

Orange & raspberry granola

You can serve organic cow's milk or yogurt with this no-added-sugar granola, however homemade oat milk is easy to make, and much cheaper and more natural than shop-bought.

SERVES 4 **PREP** 15 mins plus at least 1 hr chilling **COOK** 25 mins **EASY V**

400g/14oz jumbo oats
juice 2 oranges (150ml/¼ pt juice), plus zest of ½
1 tsp ground cinnamon
2 tbsp freeze-dried raspberries or strawberries (see tip, below))
25g/1oz flaked almonds, toasted
25g/1oz mixed seeds (such as sunflower, pumpkin, sesame and linseed)

To serve
2 large oranges, peeled and segmented
mint leaves (optional)

1 Put 200g oats and 500ml water in a food processor and blitz for 1 min. Line a sieve with clean muslin and pour in the oat mixture. Leave to drip through for 5 mins, then twist the ends of the muslin and squeeze well to capture as much of the oat milk as possible – it should be the consistency of single cream. Best chilled at least 1 hr before serving. Can be kept in a sealed or covered jug in the fridge for up to 3 days.

2 Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Put the orange juice in a medium saucepan and bring to the boil. Boil rapidly for 5 mins or until the liquid has reduced by half, stirring occasionally. Mix the remaining 200g oats with the orange zest and cinnamon. Remove the pan from the heat and stir the oat mixture into the juice. Spread over the lined tray in a thin layer and bake for 10-15 mins or until lightly browned and crisp, turning the oats every few mins. Leave to cool on the tray.

3 Once cool, mix the oats with the raspberries, flaked almonds and seeds. Can be kept in a sealed jar for up to one week. To serve, spoon the granola into bowls, pour over the oat milk and top with the orange segments and mint leaves, if you like.

GOOD TO KNOW folate • fibre • 1 of 5-a-day • good for you

PER SERVING (with oak milk and oranges) 363 kcals • fat 11g • saturates 1g • carbs 46g • sugars 12g • fibre 10g • protein 15g • salt none

PER SERVING (granola only) 282 kcals • fat 10g • saturates 1g • carbs 32g • sugars 4g • fibre 7g • protein 12g • salt none

TIP Freeze-dried strawberries and raspberries are available in the baking department of larger supermarkets.

Poached eggs with broccoli, tomatoes & wholemeal flatbread

SERVES 2 PREP 5 mins COOK 6 mins EASY V

100g/4oz thin-stemmed broccoli, trimmed and halved
200g/7oz cherry tomatoes on the vine
4 medium free-range eggs (fridge cold)
2 Wholemeal flatbreads (see recipe, right)
2 tsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)
1 tsp cold-pressed rapeseed oil
good pinch of chilli flakes

1 Boil the kettle. Heat oven to 120C/100C fan/gas 1/2 and put an ovenproof plate inside to warm up. Fill a wide-based saucepan one-third full of water from the kettle and bring to the boil. Add the broccoli and cook for 2 mins. Add the tomatoes, return to the boil and cook for 30 secs. Lift out with tongs or a slotted spoon and place on the warm plate in the oven while you poach the eggs.
2 Return the water to a gentle simmer. Break the eggs into the pan, one at a time, and cook for 21/2-3 mins or until the whites are set and the yolks are runny.
3 Divide the flatbreads between the two plates and top with the broccoli and tomatoes. Use a slotted spoon to drain the eggs, then place on top. Sprinkle with the seeds and drizzle with the oil. Season with a little black pepper and the chilli flakes, and serve immediately.

GOOD TO KNOW folate • fibre • vit C • iron • 2 of 5 a day • good for you
PER SERVING 383 kcals • fat 17g • saturates 4g • carbs 31g • sugars 4g • fibre 9g • protein 22g • salt 0.4g

Wholemeal flatbreads

These flatbreads are a doddle – simply make a large batch and freeze them for later in the week.

MAKES 8 PREP 10 mins COOK 10 mins EASY V ❄

350g/12oz wholemeal flour, plus extra for dusting
4 tsp cold-pressed rapeseed oil

1 Put the flour in a medium bowl and rub in the oil with your fingertips. Stir in 225ml warm water, mix thoroughly, then knead until the dough feels smooth and elastic.
2 Put the dough onto a lightly floured surface and divide into eight balls. Sprinkle the work surface with a little more flour and roll out one of the balls very thinly, using a floured rolling pin, to around 22cm in diameter. Turn the dough regularly and sprinkle with a little more flour if it begins to stick. Set aside and make the other flatbreads in the same way. If making ahead, freeze before cooking.
3 Put a medium non-stick frying pan over a high heat and, once hot, add one of the flatbreads. Cook for about 30 secs, then turn over and cook on the other side for 30 secs. Press the flatbread with a spatula while cooking to encourage it to puff up and cook inside – it should be lightly browned in patches and look fairly dry, without being crisp. Repeat with the remaining flatbreads, keeping them warm by wrapping in a clean tea towel until needed.

GOOD TO KNOW good for you
PER FLATBREAD 168 kcals • fat 2g • saturates none • carbs 27g • sugars 1g • fibre 5g • protein 6g • salt none



Bircher muesli with apple & banana

Soaking oats and seeds overnight makes them easier to digest, and the muesli will be extra creamy. Great for a quick breakfast straight from the fridge.

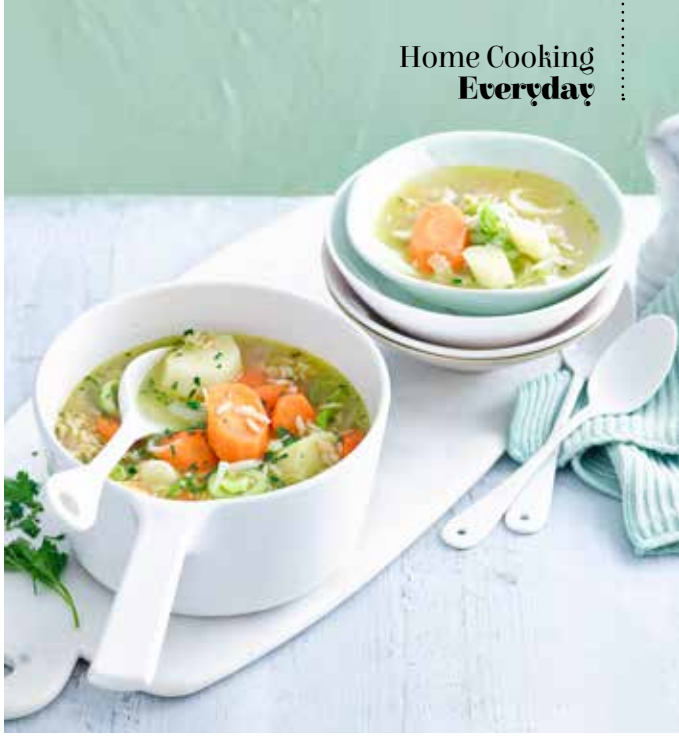
SERVES 2 PREP 5 mins plus several hrs chilling NO COOK EASY V

1 eating apple, coarsely grated
50g/2oz jumbo porridge oats
25g/1oz mixed seeds (such as sunflower, pumpkin, sesame and linseed)
25g/1oz mixed nuts (such as Brazils, hazelnuts, almonds, pecans and walnuts), roughly chopped
¼ tsp ground cinnamon
100g/4oz full-fat natural bio yogurt
1 medium banana, sliced
25g/1oz organic sultanas

Put the grated apple in a bowl and add the oats, seeds, half the nuts and the cinnamon. Toss together well. Stir in the yogurt and 100ml cold water, cover and chill for several hours or overnight. Spoon the muesli into two bowls and top with the sliced banana, sultanas and remaining nuts.

GOOD TO KNOW fibre • 1 of 5 a day
PER SERVING 405 kcals • fat 18g • saturates 3g • carbs 44g • sugars 28g • fibre 7g • protein 13g • salt 0.1g





Make time for LUNCH

Avocado, labneh, roasted carrots & leaves

Making your own low-fat soft cheese – labneh – from bio yogurt is surprisingly easy. It's delicious in salads and wraps, as a dip in crunchy vegetables or melting it into baked sweet potatoes.

SERVES 2 **PREP** 20 mins plus overnight chilling **COOK** 30 mins **EASY** V

200g/7oz full-fat bio yogurt
grated zest 1 lime, plus 1 tbsp juice, cut into wedges, to serve
½ small pack coriander, leaves finely chopped
300g/11oz carrots, cut into batons
1 tbsp cold-pressed rapeseed oil
½ tsp ground cumin
1 ripe but firm avocado
50g bag mixed salad leaves
1 tbsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)

1 To make the labneh, mix the yogurt, lime and coriander together in a bowl. Line another small bowl with a square of muslin. Spoon the yogurt mixture into the bowl, pull up the ends of the muslin and tie the yogurt into a ball. Tie the ends of the muslin onto a wooden spoon and suspend over a bowl or jug. Place in the fridge overnight to strain.
2 Heat oven to 200C/180C fan/gas 6. Toss the carrots with 1 tsp of the oil, 2 tsp of the lime juice, the cumin and lots of ground black pepper. Tip onto a foil-lined baking tray and roast for 20 mins. Turn the carrots and return to the oven for a further 10 mins or until tender and lightly browned. Set aside.
3 Cut the avocado in half and remove the stone. Scoop out the flesh from each half in one piece with a serving spoon. Slice on a chopping board, then toss with the remaining lime juice.
4 Untie the labneh and spread it over two plates, top with the salad leaves, carrots and avocado. Drizzle over the remaining oil, sprinkle with the seeds and serve with lime wedges

GOOD TO KNOW low cal • calcium • fibre • 3 of 5 a day • gluten free
PER SERVING 370 kcals • fat 25g • saturates 5g • carbs 21g • sugars 19g • fibre 9g • protein 9g • salt 0.3g



TIP For a packed lunch, leave the carrots to cool completely, then pack into two plastic jars or lidded containers. Top with the labneh, then the avocado and salad leaves. Finish with the oil and seeds. Cover, chill and eat within 24 hours.

Chunky vegetable & brown rice soup

You could serve this soup chunky one day and puréed the next.

SERVES 4 **PREP** 18 mins **COOK** 50 mins **EASY** V ❄

2 tbsp cold-pressed rapeseed oil
1 medium onion, halved and sliced
2 garlic cloves, finely sliced
2 celery sticks, trimmed and thinly sliced
2 medium carrots, cut into chunks
2 medium parsnips, cut into chunks
1 tbsp finely chopped thyme leaves
100g/4oz wholegrain rice
2 medium leeks, sliced
½ small pack parsley, to garnish

1 Heat the oil in a large non-stick pan and add the onion, garlic, celery, carrots, parsnips and thyme. Cover with a lid and cook gently for 15 mins, stirring occasionally, until the onions are softened and beginning to colour. Add the rice and pour in 1.2 litres cold water. Bring to the boil, then reduce the heat to a simmer and cook, uncovered, for 15 mins, stirring occasionally.
2 Season the soup with plenty of ground black pepper and salt to taste, then stir in the leeks. Return to a gentle simmer and cook for a further 5 mins or until the leeks have softened. Adjust the seasoning to taste and blitz half the soup with a stick blender, leaving the other half chunky, if you like. Top with the parsley and serve in deep bowls.

GOOD TO KNOW low fat • fibre • 3 of 5 a day • good for you • gluten free
PER SERVING 261 kcals • fat 8g • saturates 1g • carbs 37g • sugars 11g • fibre 10g • protein 5g • salt 0.5g

TIP Once cool, leftovers can be stored in the fridge for up to 2 days, or covered and frozen for up to 1 month. Thaw overnight in the fridge and reheat in a saucepan until piping hot

Roast chicken & roots

Even if you're cooking for just two, it's well worth roasting a large chicken as the leftover meat is ideal for making salads, soups or stir-fries later in the week.

SERVES 4 **PREP** 30 mins
COOK 1¼ hrs **EASY**

1.6kg/3lb 8oz whole chicken
zest and juice 1 lemon
2 tbsp cold-pressed rapeseed oil
4-5 thyme sprigs, leaves roughly chopped
500g/1lb 2oz butternut squash, cut into chunks
300g/11oz carrots, cut into chunks
300g/11oz parsnips, peeled and cut into long batons
1 medium red onion, cut into thin wedges
1 garlic bulb, cloves separated
100g/4oz baby spinach leaves

1 Heat oven to 200C/180C fan/gas 6. Put the chicken in a large roasting tin. Remove any trussing elastic and retie the chicken's legs with string, if you like. Rub the lemon juice into the chicken, then rub in 1 tbsp of the oil and sprinkle with the thyme and plenty of seasoning. Roast for 25 mins.
2 Mix the squash, carrots, parnsips and onion in a bowl with the remaining oil, lemon zest and plenty of ground black pepper, and toss together well.
3 Take the chicken out of the oven and put on a plate. Scatter the vegetables into the tin, nestling the garlic cloves underneath, then put the chicken on top. Return to the oven for a further 45 mins, turning the veg after 20 mins until the chicken is cooked and the vegetables are tender and lightly browned.
4 Take the chicken out and place on a warmed platter. Cover with foil and leave to rest for 10 mins. Cook the spinach in a saucepan with a drizzle of water, and season with black pepper. Scatter the vegetables around the chicken and serve with the spinach. Squeeze the garlic out of the skins and smear over the chicken, if you like.

GOOD TO KNOW folate • fibre • 4 of 5 a day • good for you • gluten free
PER SERVING 524 kcals • fat 24g • saturates 5g • carbs 28g • sugars 17g • fibre 11g • protein 42g • salt 0.5g

TIP If you're cooking for two, serve half the chicken and veg, and leave the rest to cool. Strip the cooked chicken from the bones and put it in a bowl. Cover, chill and eat within 2 days.

To make a roasted vegetable dip, remove the skin from the cooked squash and squeeze the roasted garlic out of the skins. Put the prepared vegetables in a food processor, add a little cold water and blitz to a purée.

Serve as a dip with vegetable sticks or flatbreads. Eat within 2 days, or freeze for up to 1 month. Thaw in the fridge overnight and stir well before serving.





Pan-fried mackerel fillets with beetroot & fennel

Mackerel fillets contain beneficial fats, are quick to cook, and really complement this earthy salad.

SERVES 2 **PREP** 10 mins
COOK 3 mins **EASY**

2 mackerel fillets (about 300g/11oz)
2 tsp cold-pressed rapeseed oil
½ small fennel bulb, quartered and very thinly sliced
1 small beetroot, peeled and very thinly sliced
100g/4oz cucumber, halved and thinly sliced
1 eating apple, cored, quartered and sliced
1 tbsp lemon juice plus lemon wedges, to serve
100g/4oz full-fat natural bio yogurt
small pack dill

1 Put one of the mackerel fillets on a board and cut a 'V' down the centre, either side of the pin bones, to create two smaller fillets, then remove the bones. Repeat with the other fillet. Rub with the oil and season with plenty of ground black pepper. Set aside.
2 Put the fennel in a bowl with the beetroot, cucumber and apple. Drizzle over the lemon juice, add the yogurt and mix well. Roughly chop the dill, putting aside a few fronds to garnish, and scatter over the salad, then season with ground black pepper and toss together lightly. Set aside.
3 Put a large non-stick frying pan over a medium-high heat. When hot, add the fish, skin-side down, and cook for 21/2 mins. Flip the fish over and cook for 30 secs on the other side.
4 Put the fillets on top of the salad and serve with the dill fronds and lemon wedges for squeezing over.

GOOD TO KNOW low cal • heart healthy • folate • vit C • 2 of 5 a day • gluten free
PER SERVING 397 kcals • fat 24g • saturates 5g • carbs 15g • sugars 15g • fibre 5g • protein 27g • salt 0.4g

Minted pea, goat's cheese & spinach wraps

These wraps are loaded with immune-friendly nutrients, including vitamin C.

Out of season, frozen vegetables are great because they're picked at their peak and frozen immediately to lock in the goodness.

SERVES 2 **PREP** 10 mins **NO COOK**
EASY V

140g/5oz frozen peas, thawed
½ small pack mint, finely chopped
finely grated zest 1 lemon
75g/21/2oz soft rindless goat's cheese log
2 Wholemeal flatbreads
50g/2oz baby spinach leaves
1 apple, coarsely grated
25g/1oz mixed seeds, such as linseed, sunflower, pumpkin and sesame

1 Put the peas in a bowl and lightly mash with the mint, lemon zest and goat's cheese. Season well with ground black pepper. Keep chilled if not serving straight away.
2 Spread each flatbread with the pea and goat's cheese mixture, then top with the spinach, apple and seeds. Roll up and serve immediately, or wrap in foil and pop into a packed lunch. Can be made the night before.

GOOD TO KNOW folate • vit C • iron • 2 of 5 a day
PER SERVING 457 kcals • fat 19g • saturates 8g • carbs 42g • sugars 10g • fibre 14g • protein 22g • salt 0.7g



Peruvian chicken, avocado & quinoa salad

Frozen sweetcorn is a great standby ingredient – it adds colour, fibre and flavour to any dish, especially when toasted in a pan.

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

50g/2oz uncooked quinoa
100g/4oz frozen sweetcorn
1 tbsp extra virgin olive oil
75g/21/2oz cherry tomatoes, quartered
small pack coriander, leaves roughly chopped
2 spring onions, trimmed and finely sliced
zest and juice 1 lime
½ long red chilli, finely chopped (deseeded if you don't like it too hot)
1 ripe but firm avocado
200g/7oz skinless, cold, cooked roast chicken, cut into chunky pieces

1 Half-fill a medium pan with water and bring to the boil. Rinse the quinoa in a fine sieve, then add to the water, stir well and simmer for 12 mins or until just tender.
2 While the quinoa is cooking, put the sweetcorn in a dry frying pan over a medium-high heat. Cook for 5 mins, turning every now and then, until defrosted and lightly toasted. Set aside.
3 Rinse the cooked quinoa in a sieve under cold water, then press hard with a serving spoon to remove excess water.
4 Tip the quinoa into a bowl and toss with the olive oil, sweetcorn, tomatoes, coriander, spring onions, lime zest and chilli. Season well with black pepper.
5 Halve and stone the avocado. Scoop out the flesh with a large metal spoon, cut into slices and combine with the lime juice. Add the chicken pieces and avocado to the salad and toss gently together before serving.

GOOD TO KNOW vit C • 2 of 5 a day • gluten free
PER SERVING 512 kcals • fat 29g • saturates 6g • carbs 26g • sugars 5g • fibre 5g • protein 34g • salt 0.3g

TIP To make into a packed lunch, divide the salad between two lidded containers and chill until ready to serve. Eat within 1 day.



Satisfying SUPPERS

Sweet potato dhal with curried vegetables

This rich and comforting spicy dhal, topped with lightly curried vegetables, is delicious served with creamy yogurt and zesty lime.

SERVES 4 **PREP** 25 mins **COOK** 1 hr 10 mins **EASY V** ❄

1 tbsp cold-pressed rapeseed oil
1 medium onion, finely chopped
2 garlic cloves, thinly sliced
1 tbsp medium curry powder
200g/7oz dried split red lentils
500g/1lb 2oz sweet potatoes, peeled and cut into chunks
2 tbsp lime (or lemon) juice plus lime wedges, to serve
100g/4oz full-fat natural bio yogurt
coriander, to serve

For the curried vegetables

100g/4oz green beans, trimmed and cut into short lengths
250g/9oz cauliflower, cut into small florets
2 medium carrots, sliced
1 tbsp cold-pressed rapeseed oil
1 medium onion, cut into thin wedges
2 garlic cloves, thinly sliced
1 tsp medium curry powder
200g/7oz ripe tomatoes, roughly chopped
1 long green chilli, finely sliced (deseeded if you don't like it too hot)

TIP Freeze the dhal and vegetables in lidded freezer-proof containers for up to 3 months.Thaw overnight then add a splash of water and reheat until piping hot throughout.



1 To make the dhal, heat the oil in a large non-stick pan and fry the onion over a low heat for 10 mins, stirring regularly, until softened and very lightly browned – add the garlic for the final min. Stir in the curry powder and cook for 30 secs more.
2 Add the lentils, 1 tsp flaked sea salt and 1 litre of water. Stir in the sweet potatoes and bring to the boil. Reduce the heat to a simmer and cook the lentils for 50 mins or until the dhal is thick, stirring regularly. Add a splash of water if the dhal thickens too much. Stir in the lime or lemon juice and season to taste.
3 While the dhal is cooking, make the curried vegetables. Half-fill a medium non-stick pan with water and bring to the boil. Add the beans, cauliflower and carrots, and return to the boil. Cook for 4 mins, then drain.
4 Return the pan to the heat and add the oil and onion. Cook over a medium-high heat for 3-4 mins or until the onion is lightly browned, stirring regularly. Add the garlic and cook for 1 min more until softened. Stir in the curry powder and cook for a few secs, stirring.
5 Add the tomatoes, green chilli according to taste and 200ml cold water. Cook for 5 mins or until the tomatoes are well softened, stirring regularly. Stir in the blanched vegetables and cook for 4-5 mins or until hot throughout. Season with black pepper.
6 Divide the dhal between four deep bowls and top with the curried vegetables. Serve with the yogurt, coriander and lime wedges for squeezing over.

GOOD TO KNOW low fat • low cal • fibre • vit C • iron • 5 of 5 a day • good for you • gluten free
PER SERVING 453 kcals • fat 9g • saturates 1g • carbs 67g • sugars 23g • fibre 14g • protein 19g • salt 1.3g



One-pot chicken with quinoa

An easy dish packed with vitamin-rich veg and mineral-rich quinoa.

SERVES 2 **PREP** 5 mins **COOK** 30 mins **EASY**

1 tbsp cold-pressed rapeseed oil
2 skinless chicken breasts (about 300g/11oz)
1 medium onion, sliced into 12 wedges
1 red pepper, deseeded and sliced
2 garlic cloves, finely chopped
100g/4oz green beans, trimmed and cut in half
¼-½tsp chilli flakes, according to taste
2 tsp each ground cumin and ground coriander
100g/4oz uncooked quinoa
85g/3oz frozen sweetcorn
75g/21/2oz kale, thickly shredded

1 Heat the oil in a large, deep frying pan or sauté pan. Season the chicken and fry over a medium-high heat for 2-3 mins each side or until golden. Transfer to a plate. Add the onion and pepper to the pan and cook for 3 mins, stirring, until softened and lightly browned.
2 Tip in the garlic and beans, and stir-fry for 2 mins. Add the chilli and spices, then stir in the quinoa and sweetcorn. Pour in 700ml just-boiled water with 1/2 tsp flaked sea salt and bring to the boil.
3 Return the chicken to the pan, reduce the heat to a simmer and cook for 12 mins, stirring regularly and turning the chicken occasionally. Add the kale and cook for a further 3 mins or until the quinoa and chicken are cooked through.

GOOD TO KNOW low fat • folate • fibre • vit C • iron • 3 of 5 a day • good for you • gluten free
PER SERVING 529 kcals • fat 12g • saturates 1g • carbs 52g • sugars 15g • fibre 6g • protein 50g • salt 0.4g



Red pepper houmous with crispbread snaps

These crunchy crispbreads are simple to prepare and will keep for a week in an airtight container. Any leftover raw veg from this diet plan will pair well with the houmous.

SERVES 2 **PREP** 8-10 mins **COOK** 25 mins **EASY V** ❄

1 tsp cold-pressed rapeseed oil
1 red pepper, deseeded and sliced into thin strips
1 garlic clove, crushed
¼ tsp chilli flakes
400g can haricot beans, drained and rinsed
1 tbsp extra virgin olive oil
2 tbsp lemon juice
assorted vegetable sticks, for dipping (optional – we used celery and purple carrots)

For the crispbread snaps
50g/2oz wholemeal flour, plus extra for dusting
¼ tsp baking powder
1 tbsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)
1 tbsp finely chopped thyme leaves
50g/2oz full-fat natural bio yogurt
¼ tsp extra virgin olive oil

1 To make the crispbread, heat oven to 190C/170C fan/gas 5. In a bowl, mix the flour with the baking powder, seeds and thyme. Add the yogurt and mix with your hands to make a soft dough.
2 Place a sheet of baking parchment on the work surface and sprinkle with a little flour. Flour a rolling pin and roll out the dough until around 3mm thick. You will need to turn and lift the dough, sprinkling with a little more flour as you roll so it doesn't stick.
3 Transfer the baking parchment with the dough on to a baking tray, then prick all over with a fork. Brush lightly with the oil and bake for 20-25 mins until lightly browned and dry. The dough will continue to crisp as it cools. Once cold, break into chunky pieces and store in an airtight container for up to 1 week.
4 Meanwhile, heat the rapeseed oil in a small saucepan over a medium-high heat. Add the pepper, cover with a lid and fry for 10 mins or until softened and lightly browned in places. Remove the lid every few mins and stir, adding a splash of water if the pepper begins to stick. Add the garlic and chilli flakes, and cook for a few secs more, stirring. Leave to cool for 5 mins.
5 Tip the pepper, garlic and chilli into a food processor and add the haricot beans, olive oil, lemon juice and lots of ground black pepper. Blitz until smooth, then scoop into a bowl or two lidded containers and leave to cool. Serve with the crispbread snaps and vegetable sticks, for dipping, if you like.

GOOD TO KNOW fibre • vit C • 2 of 5 a day • good for you
PER SERVING 346 kcals • fat 12g • saturates 2g • carbs 36g • sugars 8g • fibre 16g • protein 14g • salt 0.3g

TIP Spoon any leftover houmous into a freezer-proof container, cover and freeze for up to 1 month. Thaw for several hours or overnight in the fridge and stir well before serving.

Steak & sweet potato chips

This makes a great Friday night supper – satisfying, well-balanced and full of flavour.

SERVES 2 **PREP** 10 mins **COOK** 35 mins **EASY**

350g/12oz sweet potatoes, peeled and cut into thick chips
1 tbsp cold-pressed rapeseed oil
2 x 200g/7oz sirloin steaks
50g bag mixed spinach, watercress & rocket salad
2 ripe tomatoes, cut into wedges
½cucumber, sliced
2 spring onions, trimmed and finely sliced
½ x 400g can haricot beans, drained and rinsed

For the dressing
2 tsp balsamic vinegar
2 tbsp cold-pressed rapeseed oil
½ small garlic clove, crushed

1 Heat oven to 220C/200C fan/gas 7. Half-fill a medium saucepan with water and bring to the boil. Add the sweet potatoes and cook for 4 mins, then drain through a colander and return to the saucepan. Pour over 2 tsp of the oil and season with a little black pepper. Toss until the potatoes are lightly coated with the oil.
2 Tip the potatoes onto a baking tray and cook in the oven for 15 mins, then turn with a spatula and cook for a further 10 mins or until crisp and golden.
3 While the potatoes are baking, prepare the steak. Trim off any hard fat from the beef, then rub all over with the remaining oil. Season with 1 tsp coarsely ground black pepper. Put a large non-stick frying pan or griddle over a medium-high heat and, when hot, add the steaks and cook for about 2 mins each side or until done to your liking.
4 Mix the salad leaves, tomatoes, cucumber, spring onions and beans in a bowl. Whisk the vinegar, oil and garlic together. Divide the steak, chips and salad between two plates and pour over the dressing just before serving.

GOOD TO KNOW fibre • vit C • iron • 3 of 5 a day • gluten free
PER SERVING 683 kcals • fat 29g • saturates 6g • carbs 49g • sugars 25g • fibre 13g • protein 48g • salt 0.6g





Moroccan fish stew

This quick and easy one-pot is bursting with gut-friendly vegetables and chunky pieces of fish for a healthy, filling dinner.

SERVES 4 **PREP** 15 mins **COOK** 35 mins **EASY**

1 tbsp cold-pressed rapeseed oil
1 medium onion, thinly sliced
2 thin leeks, trimmed and sliced
½ small fennel bulb, quartered and very thinly sliced
2 large garlic cloves, finely sliced
2 tsp ground coriander
1 tsp ground cumin
½ tsp chilli flakes
¼ tsp ground cinnamon
400g can chopped tomatoes
375g/13oz sweet potatoes, peeled and cut into chunks
1 yellow and 1 red pepper, deseeded and cut into chunks
400g can chickpeas, drained and rinsed
juice 1 large orange, the peel thickly sliced with a vegetable peeler
200g/7oz skinless line-caught cod, haddock or pollock fillet, cut into chunks
200g/7oz skinless wild salmon, cut into chunks
½ small pack flat-leaf parsley, roughly chopped

1 Heat the oil in a large flameproof casserole dish or saucepan and gently fry the onion, leeks and fennel for 10 mins, stirring occasionally, or until the veg is well softened and lightly browned. Add the garlic and spices, and cook for 30 secs more. Season well with ground black pepper.
2 Tip in the chopped tomatoes, sweet potatoes, peppers, chickpeas, orange juice and peel with 300ml water and bring to a gentle simmer. Cover loosely and cook for 20 mins, stirring occasionally, until the potatoes are softened but not breaking apart.
3 Add the fish pieces on top of the bubbling liquid and cover. Poach over a medium heat for 3-4 mins or until the fish is just cooked. Adjust the seasoning and serve scattered with parsley.

GOOD TO KNOW low fat • low cal • heart healthy • folate • fibre • vit C • iron • 5 of 5 a day
PER SERVING 448 kcals • fat 12g • saturates 2g • carbs 49g • sugars 26g • fibre 13g • protein 29g • salt 0.7g

TIP If cooking for two people, chill the remaining two portions of stew after step 2, before adding the fish. It will keep for up to 2 days. When ready to serve, simply reheat the stew on the hob, add the remaining fresh fish, cover and cook as above, until piping hot throughout.

TIP Freeze the cooked and cooled curry in sealable bags or a freezer-proof container for up to 2 months. Thaw overnight in the fridge and reheat in a saucepan until piping hot throughout.

Lamb dopiaza with broccoli rice

Simple and delicious, this low-fat curry is full of good things – lean lamb, prebiotic onions and fibre-rich lentils.

SERVES 4 **PREP** 20 mins **COOK** 1 hr 30 mins **EASY** ❄ curry only

500g/1lb 2oz lamb leg steaks, trimmed of excess fat and cut into chunks
100g/4oz full-fat natural bio yogurt, plus 4 tbsp to serve
2 tbsp medium curry powder
2 tsp cold-pressed rapeseed oil
3 large onions, 2 thinly sliced, 1 cut into 10 wedges
4 garlic cloves, finely sliced
1 tbsp ginger, peeled and finely chopped
1 long red chilli, finely chopped (deseeded if you don't like it too hot)
400g/14oz tomatoes, roughly chopped or 400g can chopped tomatoes
100g/4oz dried split red lentils, rinsed
½ small pack coriander, roughly chopped, plus extra to garnish
200g pack baby spinach leaves

For the broccoli rice

200g/7oz wholegrain rice
200g/7oz small broccoli florets

1 Put the lamb in a large bowl and season well with ground black pepper. Add the yogurt and 1 tbsp of the curry powder, and stir well to combine.
2 Heat half the oil in a large non-stick saucepan. Fry the onion wedges over a high heat for 4-5 mins or until lightly browned and just tender. Tip onto a plate, set aside and return the pan to the heat.
3 Add the remaining oil, the sliced onions, garlic, ginger and chilli, cover and cook for 10 mins or until very soft, stirring occasionally. Remove the lid, increase the heat and cook for 2-3 mins more or until the onions are tinged with brown – this will add lots of flavour, but make sure they don't get burnt.
4 Reduce the heat once more and stir in the tomatoes and remaining curry powder. Cook for 1 min, then stir the lamb and yogurt into the pan and cook over a medium-high heat for 4-5 mins, stirring regularly.
5 Pour 250ml cold water into the pan, stir in the lentils and coriander, cover with a lid and leave to cook over a low heat for 45 mins – the sauce should be simmering gently. Remove the lid every 10-15 mins and stir the curry.
6 With half an hour of the curry cooking time remaining, cook the rice in plenty of boiling water for 25 mins or until just tender. Add the broccoli florets and cook for a further 3 mins. Drain well.
7 Remove the lid from the curry, add the reserved onion wedges and continue to simmer over a high heat for a further 15 mins or until the lamb is tender, stirring regularly. Just before serving, stir in the spinach, a handful at a time, and let it wilt. Serve with the yogurt, coriander and broccoli rice.

GOOD TO KNOW low fat • folate • fibre • vit C • iron • 4 of 5 a day • god for you • gluten free
PER SERVING 567 kcals • fat 13g • saturates 5g • carbs 69g • sugars 14g • fibre 11g • protein 37g • salt 0.4g



For our exclusive vegetarian Healthy Diet Plan and alternative recipes, visit bbcgoodfoodme.com

The art of spice



Pullman Dubai Creek City Centre has launched an exciting new theme night called the 'Art of Spice' with Chef Harjinder Singh, also known as Chef Sweety Singh. Every Friday between 7.30pm to 11pm enjoy an Indian feast fit for a maharaja for just AED120 per adult and Dhs70 per child (aged under 12), at the hotel's Medley Restaurant, located on the first floor.



Meet Chef Sweety
Harjinder Singh, popularly known as Chef Sweety Singh has been involved with Punjabi Food Festivals for the last 16 years. With his expertise in cooking over the past 19 years, he has brought about unique blends in the Punjabi Cuisine. This experience has gained him many awards and accolades. Here he tells us more....

Tell us about the Art of Spice theme night...
The Art of Spice theme night is all about Indian cuisine, and will give diners a chance to experience authentic and homemade Indian Punjabi food, which has amazing flavour and taste with true Indian spices. The new Punjabi menu features scrumptious Punjabi specialities like Pindi Channa, Alloo Wadiya, Dhaba kukkad, kadi pakora, sarson ka saag and various others.

Is there a reason in particular that you chose to work with Pullman Dubai Creek City Centre on this?
There are a lot of Indian nationals residing in Dubai, as well as others looking for a true Indian culinary experience – and Pullman Dubai Creek wants to give authentic Indian cuisine to their clients. This hotel provides a great platform to work from as we share the same ideology.

Do you have any favourite Punjabi dishes?
I personally relish Sarson da saag, shahi daal, rara meat, alloo wadiya and kari pakora.

Where do you find inspiration from when developing new menu items at your dhaba in India?
My goal is to always provide authentic food items to my customers so that they can feel the taste of true Indian flavours. Many of today's generation don't know our real dishes so I try to bring back the old homemade food with a little innovation.

We have to ask... where does the name 'Sweety' come from?
I always serve my food with a smile to my guests. One day I was told me that I am always smiling no matter how much work I do and that reflects in my food too and was told that due to my sweet nature my food becomes so tasty and I received a nickname Sweety. From there onwards, everyone in hotel industry calls me with the name Sweety Singh.

Why do you love being a chef?
I really enjoy when my guests feel fulfilled and satisfied after having food prepared by me. It gives me a lot of pride and satisfaction when I am able to put a smile on my guest's face through my food. Also, as a chef I get lot of opportunity to create new dishes with the same spices. It gives me an opportunity to explore more about food.

What are you most memorable moments of being a chef so far?
There have been lot of highlights in my career. I remember the day when I served my food to the Indian cricket team and our master blaster Sachin Tendulkar. After he tasted mutton prepared by me he told me that it was the best mutton curry of his life. I have served to various celebrities and it gives me immense pleasure when everyone appreciates my food.

Pullman Dubai Creek City Centre

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New-season salads

Give your salads a makeover by adding some cooked ingredients



New potato salad with bacon & blue cheese

SERVES 4 PREP 10 mins
COOK 40 mins EASY

500g salad potatoes, halved
2 tbsp olive oil
2 red onions, each sliced into 6 wedges
4 rashers smoked back bacon, trimmed and cut into large pieces
140g mushrooms, sliced
1 tbsp wholegrain mustard
1 tbsp red wine vinegar
100g bag mixed watercress & spinach salad
85g creamy blue cheese (we used St Agur)

1 Heat oven to 220C/200C fan/gas 7. Place the potatoes in a roasting tin, then rub with 1 tbsp oil and a sprinkling of salt. Roast for 20 mins, then add the onion wedges to the tin, giving the tin a good shake. Roast for 20 mins more until the potatoes have turned a deep golden brown and the onions have caramelised and softened. Leave to cool slightly.

2 Heat a non-stick frying pan. Dry-fry the bacon until crisp. Add the mushrooms, then fry for 5 mins until softened.

3 Meanwhile, make the dressing. Whisk the mustard, vinegar and remaining 1 tbsp oil with a splash of water. Place potatoes, onions, bacon and mushrooms in a large bowl with the salad leaves, pour over the dressing, then toss well. Divide between 4 plates, then crumble over the blue cheese.

PER SERVING 289 kcals, fat 17g, saturates 7g, carbs 25g, sugars 5g, fibre 3g, protein 11g, salt 1.65g



Chicken & goat's cheese salad

SERVES 2 PREP 5 mins COOK 15 mins
EASY

2 chicken breasts, cut into bite-size pieces
½ small baguette, cut into bite-size pieces
4 tbsp olive oil
1 tbsp balsamic vinegar
150g pack mixed salad leaves
1 x 250g pack cooked beetroot, cut into bite-size pieces
100g goat's cheese

1 Heat oven to 200C/180C fan/gas 6. Spread the chunks of chicken and baguette over a shallow roasting tray. Drizzle with 2 tbsp oil and toss to coat. Season, then roast for 15 mins until the chicken is cooked through and the bread is golden and crisp.

2 Whisk together the remaining olive oil and balsamic vinegar to make a dressing. Split the bag of leaves between two serving plates, add the beetroot, then scatter the cheese over. Toss with the warm chicken and bread, drizzle with the dressing, then serve straight away.

PER SERVING 625 kcals, fat 35g, saturates 10g, carbs 32g, sugars 15g, fibre 4g, protein 48g, salt 2.88g

Tip When you're cooking chicken breasts, leave the skin on – it will add plenty of flavour and ensure the meat doesn't dry out. You can remove it after cooking if you're watching your fat intake.

Mackerel & beetroot salad

SERVES 4 easily halved PREP 10 mins
COOK 15 mins EASY

450g new potatoes, cut into bite-size pieces
3 smoked mackerel fillets, skinned
250g pack cooked beetroot
100g bag mixed salad leaves
2 celery sticks, finely sliced
50g walnut pieces
FOR THE DRESSING
6 tbsp bought good-quality salad dressing
2 tsp creamed horseradish sauce

1 Boil the potatoes for 12-15 mins until just tender. Meanwhile, flake the mackerel fillets into large pieces and cut the beetroot into bite-size chunks.
2 Drain the potatoes and cool slightly. Mix the salad dressing and horseradish sauce together in a salad bowl and season. Tip in the potatoes – they should still be warm.
3 Add the salad leaves, mackerel, beetroot, celery and walnuts, and toss gently. Serve with crusty bread.

PER SERVING 645 kcals, fat 49g, saturates 8g, carbs 29g, fibre 3g, sugars 11g, protein 24g, salt 2.37g

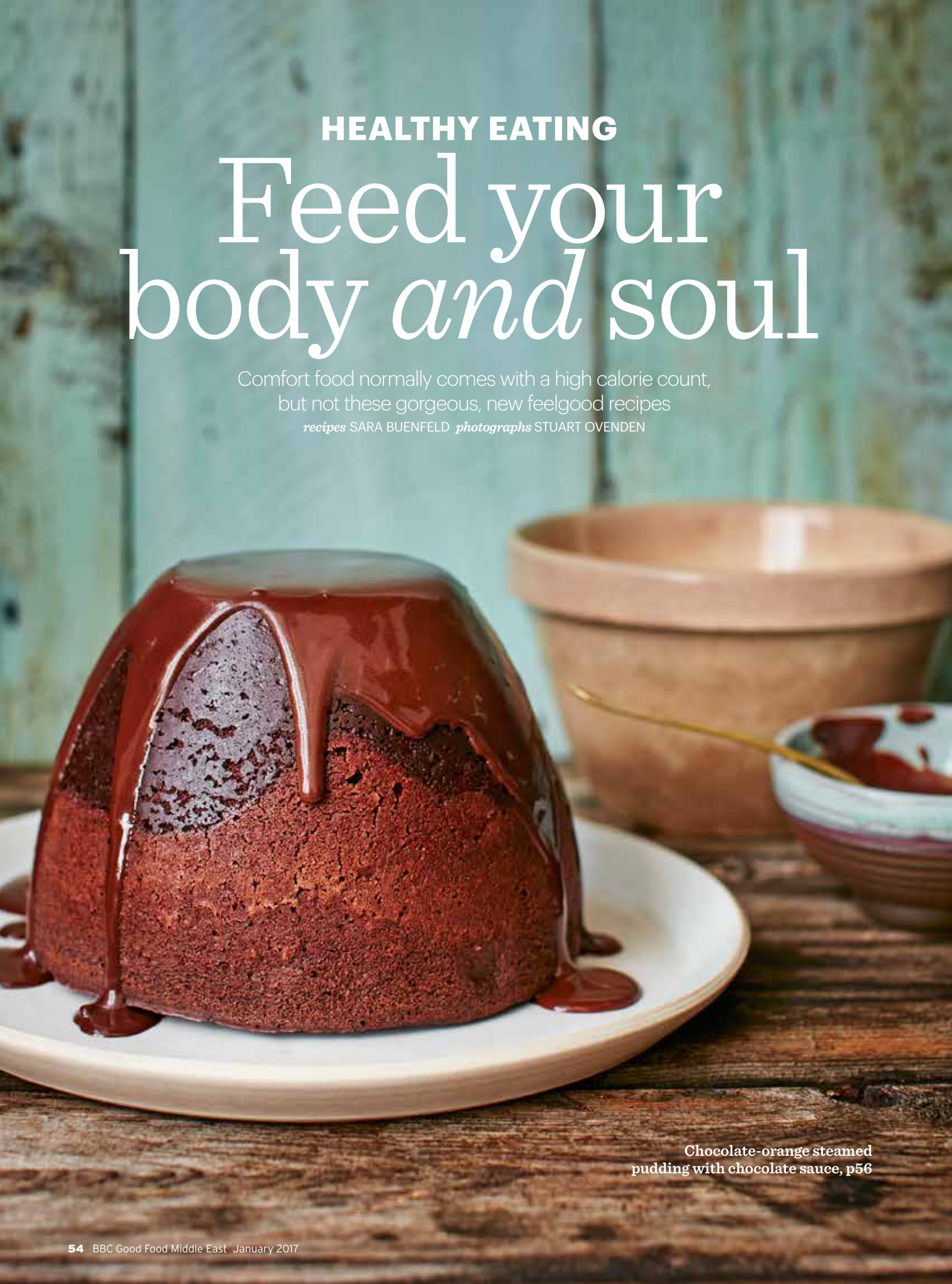


HEALTHY EATING

Feed your body *and* soul

Comfort food normally comes with a high calorie count, but not these gorgeous, new feelgood recipes

recipes SARA BUENFELD ***photographs*** STUART OVENDEN



Chocolate-orange steamed pudding with chocolate sauce, p56



Cardamom chicken with lime leaves, p56



Chocolate-orange steamed pudding with chocolate sauce

A steamed pudding is often thought of as the ultimate comfort food, and this low-sugar version won't disappoint.

SERVES 8 **PREP** 25 mins
COOK 1 hr 30 mins **MORE EFFORT**
V ❄

TIP Xylitol, a naturally occuring sugar alternative, can be used in the same way as sugar in many recipes. Unlike regular sugar, xylitol actually protects against tooth decay. It contributes about a third of the calories of table sugar and has a low GI (glycaemic index).

For the chocolate sauce
50g cocoa
50g butter, plus extra for greasing
100g Total Sweet (xylitol, see tip, left)
1 tsp vanilla extract
200ml semi-skimmed milk

For the pudding
1 small orange
100g Total Sweet (xylitol)
225g self-raising flour
50g cocoa
150ml semi-skimmed milk
1 tsp vanilla extract
2 large eggs

1 First, make the sauce. Sift the cocoa into a small saucepan, add all the other ingredients, then warm over a medium-high heat, stirring. Allow to bubble hard for 1 min to make a glossy sauce. Spoon 4 tbsp into the base of a lightly buttered, traditional 1.2 litre pudding basin. Leave the rest to cool, stirring occasionally.
2 Put a very large pan (deep enough to enclose the whole pudding basin) of water on to boil with a small upturned plate placed in the base of the pan to support the basin.
3 Zest the orange, then cut the peel and pith away, and cut between the membrane to release the segments. Put all the pudding ingredients, except the orange segments, in a food processor and blitz until smooth. Add the orange segments and pulse to chop them into the pudding mixture. Spoon the mixture into the pudding basin, smoothing to the edges.
4 Tear off a sheet of foil and a sheet of baking parchment, both about 30cm long. Butter the baking parchment and use to cover the foil. Fold a 3cm pleat in the middle of the sheets, then place over the pudding, buttered baking parchment-side down. Tie with string under the lip of the basin, making a handle as you go. Trim the excess parchment and foil to about 5cm, then tuck the foil around the parchment to seal. Lower the basin into the pan of water, checking that the water comes two-thirds of the way up the sides of the basin, then cover the pan with a lid to trap the steam and simmer for 1½ hours.
5 Carefully unwrap the pudding – it should now be risen and firm – and turn out of the basin on to a plate. Spoon over some warmed sauce and serve the rest separately with slices of the pudding.

PER SERVING 338 kcals • fat 10g • saturates 6g • carbs 50g • sugars 4g • fibre 3g • protein 9g • salt 0.5g



Cardamom chicken with lime leaves

Ready-made spice pastes and powders might be convenient, but they don't quite hit the spot if you are a true curry lover. Here, individual spices add layers of flavour to lean chicken and melting chunks of aubergine, while lime leaves add a zesty fragrance.

SERVES 4 **PREP** 30 mins
COOK 1 hr 15 mins **EASY**
❄ curry only

For the curry
2 tbsp rapeseed oil
1 large onion, finely chopped
4 large garlic cloves, grated
2 tbsp finely grated fresh ginger
12 cardamom pods, seeds removed and lightly crushed
4 cloves
1 cinnamon stick
2 tsp turmeric
½-1 tsp ground white pepper
1 tsp ground coriander
1 tsp ground cumin
1 red chilli halved, deseeded and finely sliced
400g can chopped tomatoes
1 tbsp mango chutney
2 tsp vegetable bouillon powder
1 aubergine, cubed
12 skinless, boneless chicken thighs (about 1kg)
4 small fresh or dried lime leaves
1 green pepper, halved, deseeded and sliced

For the spiced rice & lentils
125g brown basmati rice
100g dried red lentils
1 tsp cumin seeds
1 tsp turmeric
1 tsp vegetable bouillon powder

1 Heat the oil in a large, wide pan, add the onion and fry for 5 mins until softened, stirring every now and then. Stir in the garlic, ginger, cardamom, cloves and cinnamon, and cook for 5 mins more, stirring frequently. Add all the remaining spices with the chilli, stir briefly over the heat then add the tomatoes with 1 can of water, the chutney and bouillon.
2 Stir in the aubergine, bring to the boil then cover the pan and simmer for 15 mins. Stir well, and add the chicken and lime leaves. Push them under the liquid and scatter over the green pepper. Cover the pan and leave to cook for 40 mins. Remove the chicken, shred in to medium-sized pieces and return to the sauce.
3 Meanwhile, make the rice. Put all the ingredients in a medium pan with 750ml water. Bring to the boil, then cover and cook for 20 mins. Turn off the heat and leave for 5 mins to absorb any excess moisture. Serve with the curry.

GOOD TO KNOW low cal • fibre • vit c • iron • 4 of 5-a-day • good for you
PER SERVING 567 kcals • fat 17g • saturates 4g • carbs 49g • sugars 13g • fibre 10g • protein 47g • salt 0.3g



Berry almond Bakewell

Crisp pastry, tangy raspberries and almond frangipane makes this a lovely dinner party dessert, or a weekend treat. No one will guess it's low in sugar.

CUTS INTO 12 slices **PREP** 30 mins plus chilling **COOK** 45 mins **EASY** ❄

400g shortcrust pastry cut from a 500g block
100g just-thawed frozen raspberries
25g flaked almonds

For the frangipane sponge

75g self-raising flour, plus a little extra for dusting
75g ground almonds
150g Total Sweet (xylitol)
150g softened butter
1 tsp baking powder
½ tsp almond extract
3 large eggs

1 Thinly roll out the pastry on a lightly floured surface, then use it to line the base and sides of a 25cm non-stick, loose-based tart tin. You can leave a little overhang of pastry, but trim away any noticeable excess. Prick the base with a fork and chill for 20 mins. Heat oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat up.

2 Line the pastry case with baking parchment, fill with baking beans and cook on the hot sheet for 10 mins – the burst of heat from the baking sheet will help to prevent a soggy bottom. Carefully lift off the paper with the beans and bake for 3 mins more to cook the pastry base. Turn down the oven to 180C/160C fan/gas 4.

3 For the frangipane, put all the ingredients in a large bowl and beat with an electric whisk until well mixed (alternatively, blitz in a food processor). Scatter the raspberries into the pastry case, spoon over the almond mixture and smooth the top with a knife. Scatter over the flaked almonds and bake for 30-40 mins until golden and firm. Carefully trim any excess pastry from the edge of the tart with a sharp knife before serving.

PER SLICE 374 kcals • fat 25g • saturates 13g • carbs 30g • sugars 2g • fibre 1g • protein 6g • salt 0.6g

Food styling SARAH COOK | Styling JENNY IGGLEDEN

Sticky baked meatloaf with avocado & black bean salsa

A satisfying family supper – lean turkey mince with protein-packed quinoa and a sticky onion glaze.

SERVES 4 **PREP** 25 mins
COOK 1 hr **EASY** ❄ meatloaf only

For the meatloaf
1 tbsp rapeseed oil, plus a little for greasing
2 large onions, halved and thinly sliced
4 large garlic cloves, grated
1 tsp allspice or mixed spice
1½ tsp fennel seeds
2 tbsp smoked paprika
2 tbsp tomato purée
50g quinoa
160g grated carrot
1 tsp dried oregano
½ tsp ground cumin
400g pack turkey leg and breast mince
1 large egg
1 tsp black treacle
For the salsa
400g black beans, drained
1 small red onion, finely chopped
1 avocado, finely chopped
2 tomatoes, finely chopped
½ small pack fresh coriander, chopped
1 red chilli deseeded and finely chopped (optional)
juice 1 lime

1 Heat oven to 180C/160C fan/gas 4. Grease and line a deep 500g loaf tin with baking parchment. Heat the oil in a large, non-stick frying pan. Add the onions and fry for 10 mins, stirring occasionally until golden. Stir in the garlic and spices, toast over the heat for 3 mins, then add the purée. Scrape half into a small bowl for the topping.
2 Stir the quinoa and 4 tbsp water into the frying pan and cook for 2 mins. Tip into a bowl, leave to cool for 5 mins, then add the carrot, oregano, cumin, turkey mince and egg. Season with black pepper and mix well. Pack into the greased tin and bake, uncovered, for 35 mins until firm.
3 Meanwhile, mix all the salsa ingredients in a serving bowl, and add 3 tbsp water to the remaining onion mixture with the black treacle.
4 When the meatloaf is cooked, carefully turn it out of the tin onto a shallow ovenproof dish and spread the onion mixture over the top. Return to the oven, bake for 10 mins more, then slice and serve with the salsa.

GOOD TO KNOW low cal • fibre • iron • 4 of 5-a-day • good for you • gluten free
PER SERVING 425 kcals • fat 13g • saturates 3g • carbs 31g • sugars 15g • fibre 14g • protein 33g • salt 0.6g



Pork & apple stew with parsley & thyme dumplings

Can dumplings really be healthy? The answer is yes! These are cooked on top of the stew, so they absorb the flavours of cider, mustard and a hint of apple.

SERVES 4 **PREP** 25 mins
COOK 1 hr 35 mins **EASY**
❄ stew only



For the stew

1 tbsp rapeseed oil
2 onions, halved and sliced
3 celery sticks, thickly sliced
2 bay leaves
1 tbsp picked thyme leaves
500g lean pork fillet, cut into large chunks
2 tsp English mustard powder
4 large garlic cloves, grated
2 tbsp spelt flour
4 tbsp cider vinegar
800ml bouillon or chicken stock
1 Granny Smith apple, peeled, cored and cut into chunks
2 leeks, thickly sliced
4 carrots, cut into chunks

For the dumplings

140g spelt flour
1 tsp baking powder
1 tsp English mustard powder
2 tbsp finely chopped flat-leaf parsley
1 tbsp picked thyme leaves, plus a few sprigs to garnish
2 tbsp bio yogurt
2 tbsp rapeseed oil

1 Heat 1 tbsp of the oil in a flameproof and ovenproof dish. Add the onions, celery, bay and thyme, and fry for about 8 mins until softened. Add the pork and cook for a few mins until it changes colour, but it doesn't need to brown as you don't want to overcook it.
2 Stir in the mustard powder, garlic, flour and vinegar, then pour in the bouillon, stirring to prevent any lumps forming.
3 Add the apple, leeks and carrots, bring the liquid to the boil, then reduce to a simmer. Cover the pan and simmer for 1 hr, stirring occasionally, until the pork and vegetables are tender.
4 When the stew is nearly cooked, heat oven to 190C/170C fan/gas 5. To make the dumplings, tip the flour, baking powder, mustard powder, parsley and thyme into a bowl and stir to combine. Put the yogurt in a jug, make up to 100ml with water, then stir in the oil. Lightly stir the liquid into the flour to make a soft, slightly sticky dough. Divide the dough equally into eight and shape into balls. Drop them on top of the stew, drizzling each one with the remaining oil. Bake for 20 mins until the dumplings are golden. Scatter with the extra thyme, if you like, before serving.

GOOD TO KNOW fibre • 3 of 5-a-day • good for you
PER SERVING 526 kcals • fat 17g • saturates 3g • carbs 50g • sugars 17g • fibre 13g • protein 36g • salt 0.7g



Easy entertaining

Chinese New Year

Make a date for Saturday 28 January and serve up this all-in-one starter and main course, then finish with a delicious prepare-ahead dessert

recipes BARNEY DESMAZERY *photographs* SAM STOWELL

Hot & sour prawn & sweetcorn soup

The idea is that you poach the chicken (opposite) first, then use the resulting stock to make the soup. If you just want to make the soup, use fresh chicken stock.

Traditionally, this soup gets its heat from ground white pepper and is thickened with cornflour. I've added chilli for heat and used egg instead of cornflour as I find cornflour makes the soup gloopy.

SERVES 6 **PREP** 10 mins
COOK 10 mins **EASY**

1½ litres hot stock from the poached chicken
1 tsp white caster sugar
2 tbsp Chinese black rice vinegar, cider or white wine vinegar
1 thumb-sized piece ginger, finely sliced into matchsticks
½ red chilli, sliced
½ pack silken tofu, diced
handful frozen sweetcorn
150g cooked prawns
2 eggs, beaten with 1 tsp sesame oil
150g beansprouts, rinsed
shredded spring onions, to serve

1 Put the stock in a saucepan over a low heat, add the sugar, vinegar, ginger and chilli, and bring to a gentle simmer. Add the tofu, sweetcorn and prawns, simmer gently for 2 mins, then pour in the egg mixture in a steady stream, stirring to make egg strands.

2 Pile some beansprouts in each bowl and ladle the soup over. Scatter over the spring onions and serve.

GOOD TO KNOW low fat
PER SERVING 132 kcals • fat 4g • saturates 1g • carbs 5g • sugars 4g • fibre 1g • protein 10g • salt 2.8g



Menu for 6

Hot & sour prawn & sweetcorn soup

One-pot crystal chicken with ginger & chilli oil

Stir-fried garlic green beans

Toffee banana spring rolls

One-pot crystal chicken

I've given the traditional method for poaching the chicken, but I cook it in my pressure cooker for 20 minutes with outstanding results.

The chicken should be lukewarm, so while it cools, make the soup.

SERVES 6 **PREP** 15 mins plus 1 hr cooling **COOK** 20 mins **EASY**

1 chicken, about 1.5kg (the best quality you can get)
bunch spring onions, green and white parts separated (keep the whites for the ginger & chilli oil, below right)
2 thumb-sized pieces ginger, sliced
small pack coriander, leaves and stalks separated
3 garlic cloves, peeled and left whole
1 star anise
500ml chicken stock, or a chicken stock cube
200ml Chinese rice wine or dry sherry
4 tbsp soy sauce
cooked rice and Sichuan pepper, to serve

1 Put the chicken in a saucepan or stock pot large enough to fit it comfortably. Add the green spring onion parts, ginger, coriander stalks, garlic and star anise. Pour over the stock (or crumble in the stock cube), rice wine and 3 tbsp of the soy sauce, then top up with water to just cover.

2 Bring everything to the boil and skim once. Turn down to a gentle simmer and poach for 20 mins, then turn off the heat and leave the chicken to cool in the broth for at least 1 hr. *This can be done a day ahead but musn't be chilled, otherwise the chicken will be too cold.* Remove the chicken from the broth and leave to cool completely, then strain the broth ready to use in the soup (opposite), reserving some to pour over the rice.

3 To serve, carve the chicken as if you were jointing it. Arrange on a platter, drizzle over the remaining soy and scatter over the coriander leaves and Sichuan pepper. Serve with rice, the ginger and chilli oil (right), and some of the heated broth to moisten the rice. Any leftover broth can be frozen.

PER SERVING 329 kcals • fat 22g • saturates 6g • carbs 1g • sugars none • fibre none • protein 31g • salt 0.6g



Ginger & chilli oil

I've added chilli to this traditional accompaniment because I like a bit more heat.

SERVES 6 **PREP** 5 mins
COOK 5 mins **EASY** **V**

Finely chop the **white parts of the spring onions**, reserved from the chicken (left), a **large piece of ginger** and a **whole red chilli** and tip into a small dish.

Heat **3 tbsp vegetable oil** until smoking hot, then pour into the dish and leave to sizzle. *Can be made a day ahead covered with cling film.*

GOOD TO KNOW vegan • gluten free
PER SERVING 53 kcals • fat 6g • saturates none • carbs 1g • sugars none • fibre none • protein none • salt none

Stir-fried garlic green beans

SERVES 6 **PREP** 5 mins
COOK 10 mins **EASY** **V**

2 tbsp sunflower oil
200g pack trimmed green beans
3 garlic cloves, finely sliced
1 tsp oyster or soy sauce

Heat the oil in a wok, then stir-fry the green beans for 5 mins until they start to brown. Add the garlic and continue to cook until just tinged brown, then splash in the oyster sauce and serve.

GOOD TO KNOW vegan • healthy
PER SERVING 46 kcals • fat 4g • saturates 1g • carbs 18g • sugars 7g • fibre 1g • protein 3g • salt 0.6g

Food styling KATY GREENWOOD | Styling SARAH BIRKS



Toffee banana spring rolls

SERVES 6 **PREP** 20 mins
COOK 10 mins **MORE EFFORT**

100ml sunflower oil, for frying
3 sheets filo pastry
60g dulce de leche
3 bananas, halved widthways
Chinese five-spice powder, for sprinkling
coconut ice cream and toasted black sesame seeds, to serve

1 Warm the sunflower oil in a saucepan, or heat your deep-fat fryer to 180C. Meanwhile, cut each sheet of filo pastry in half vertically.
2 Spread 2 tsp duche de leche over a halved banana. Sprinkle over some five-spice, then put the banana at the bottom of a halved filo sheet. Roll up and around the banana, folding in the sides with each roll so that they look like a spring roll. Brush some water across the final seam to seal. Repeat with the remaining banana halves. You can do this up to a day ahead, or make and freeze for up to a month.
3 Deep-fry three rolls at a time until crispy and golden, then place on kitchen paper to drain.
4 Slice in half and serve with coconut ice cream, scattered with toasted black sesame seeds.

PER SERVING 261 kcals • fat 14g • saturates 2g • carbs 28g • sugars 14g • fibre 2g • protein 4g • salt 0.2g

SIMPLY GOOD FOOD

Asian menu *for friends*

Entertaining is a breeze with a no-cook starter, this make-ahead sticky duck and a freeze-ahead dessert

recipes BARNEY DESMAZERY ***photographs*** CLARE WINFIELD



Twice-cooked sticky duck

Cooking this recipe is a staggered process but one that takes all the stress out of doing it on the day, and also guarantees that the meat is tender. The stock you cook the duck in can be used again, and works well for poaching chicken and pork. Some Chinese chefs keep 'master stocks' like this going for years, just topping up a little each time they use them.

SERVES 6 **PREP** 20 mins
COOK 2 hrs plus overnight chilling
EASY

For the duck

1 strip pared orange zest
6 duck legs
6 garlic cloves, smashed
thumb-sized piece ginger, sliced
1½ tsp Chinese five-spice powder
100ml dark soy sauce
1 tbsp oyster sauce
1 tbsp golden caster sugar
50ml Shaohsing rice wine

To glaze

1 tbsp honey
½ tsp Chinese five-spice powder

To serve

halved and sliced cucumber, coriander leaves, sliced chilli, and cooked rice

1 The day before eating, tip all the ingredients for the duck into a pan and just cover with water. Bring to the boil, then turn down the heat, cover and simmer gently for 1 hr 30 mins until the duck is really tender (or a slow cooker for 4 hrs would be ideal). Remove the duck from the liquid, leave to cool, then chill in the fridge, uncovered. Chill the liquid separately too. *Can be done up to 3 days ahead and kept in the fridge, covered, or frozen for up to 3 months.*

2 The next day, remove all the fat from the stock, pour 400ml into a pan and simmer down by a third, or until intensely flavoured. *The remaining stock can be frozen and used another time to poach meat or poultry.*

3 Heat oven to 220C/200C fan/gas 7. For the glaze, mix 1 tbsp of the reduced stock with the honey and five-spice. Put the duck legs on a baking tray, skin-side up, and roast in the oven for 25-30 mins until they are hot and the skin is lacquered.

4 Arrange some cucumber on a serving platter with the duck on the side, then scatter over the coriander. Add some sliced chilli to the simmered stock and serve on the side for spooning over the rice and pak choi (see below).

BENEFITS freezable
PER SERVING 381 kcals • fat 19g • saturates 5g • carbs 4g • sugars 4g • fibre none • protein 46g • salt 1.3g

Steamed pak choi

SERVES 6 **PREP** 2 mins **COOK** 3 mins

Cut **3 heads of pak choi** in half lengthways. Steam for 3 mins or until just wilted. Dress with some of the **simmered stock** (see above) and some **sliced red chilli**, if you like.

BENEFITS low fat • folate • vit c • 1 of 5-a-day • good for you
PER SERVING 33 kcals • fat none • saturates none • carbs 4g • sugars 3g • fibre 3g • protein 2g • salt 0.6g



Menu for 6

- Thai prawn & lychee salad
- Twice-cooked sticky duck
- Steamed pak choi
- Cheat's pineapple, Thai basil & ginger sorbet



Thai prawn & lychee salad

If you can't find fresh lychees, go for fresh sliced mango instead rather than canned lychees. The final scattering of crispy fried garlic chips is optional, as they're not the easiest thing to come by – look for them in Asian supermarkets or online. Crispy fried onions from supermarkets are a good alternative.

SERVES 6 **PREP** 25 mins **NO COOK**

500g large cooked prawns
small pack mint, leaves picked
small pack coriander, leaves picked
20 lychees, peeled, halved and stoned
150g bag beansprouts
large handful roasted peanuts, roughly chopped
small handful fried garlic chips or crispy onions (optional)

For the dressing

1 red chilli (optional)
1 tbsp brown sugar
juice 2 limes
2 tsp fish sauce

1 To make the dressing, bash the chilli (if using) using a pestle and mortar. Add the remaining ingredients, mix together and taste for a good combination of sweet, sour, salty and hot, then set aside.

2 Combine the prawns, mint, coriander, lychees, beansprouts and half the peanuts with the dressing, and toss well. Pile onto a serving platter and scatter with the remaining peanuts and the garlic chips or crispy onions (if using). Put in the middle of the table and let everyone help themselves.

BENEFITS low fat • vit c • 1 of 5-a-day
PER SERVING 140 kcals • fat 3g • saturates 1g • carbs 12g • sugars 11g • fibre 1g • protein 16g • salt 1.8g

Food styling KATY GREENWOOD | Styling WEI TANG

Cheat's pineapple, Thai basil & ginger sorbet

This method of making sorbet came from a happy accident. I had forgotten to churn a granita, so I blitzed it in a blender and it came out the texture of a churned sorbet.

SERVES 6 **PREP** 5 mins plus overnight chilling **NO COOK**

1 large pineapple, peeled, cored and cut into chunks
juice and zest 1 lime
1 small piece of ginger, sliced
handful Thai basil leaves, plus a few extra little ones to serve
75g white caster sugar
vodka or white rum (optional)

1 A couple of days before eating, tip everything into a blender or smoothie maker with 200ml water and blitz until very smooth. Pour into a freezable container and freeze overnight until solid.
2 A few hours before serving, remove from the freezer and allow to defrost slightly so it slides out of the container in a block. Chop the block into ice cube-sized chunks and blitz in the blender or smoothie maker again until you have a thick, slushy purée. Tip back into the container and refreeze for 1 hr or until it can be scooped out.
3 To serve, scoop the sorbet into chilled bowls or glasses and top with extra basil. If you want you can drizzle with something a little more potent, such as vodka or white rum.

BENEFITS vegan • freezable • low fat • 1 of 5-a-day • gluten free
PER SERVING 145 kcals • fat none • saturates none • carbs 33g • sugars 33g • fibre 3g • protein 1g • salt none



WINTER KITCHEN

Stars of the month

Make fresh ingredients shine with these glorious new recipes

recipes CASSIE BEST and SOPHIE GODWIN *photographs* PETER CASSIDY



Spiced blackened prawns with clementine salsa, p71

Lamb & cranberry tagine, p71





Orecchiette with cavolo nero, anchovies & pangrattato, p71

Food styling JENNIFER JOYCE | Styling LUIS PERAL







Spiced blackened prawns with clementine salsa

Spicy, sticky prawns with a zingy clementine salsa. You'll love this dish so much, you'll want to make it again and again – vary the salsa depending on the season. You could replace clementines with heritage tomatoes in summer.

SERVES 4 **PREP** 35 mins
COOK 6 mins **EASY**

20 raw shell-on giant tiger prawns
50g unsalted butter, melted
1 lime, cut into wedges to serve
For the salsa
4 clementines, peeled and chopped
1 lime, juiced
2 tbsp extra virgin olive oil
1 small red onion, finely chopped
1 red chilli, deseeded and finely chopped
¼ cucumber, chopped
½ small pack coriander, chopped
For the seasoning
1 tbsp smoked paprika
1 tsp each garlic salt, dried oregano, dried thyme, cayenne pepper and ground cumin

1 Start by butterflying the prawns. Using a small serrated knife, cut down the back of the prawns through the shells and the flesh from the heads to the tails, cutting just far enough that you can open it up, then remove the black entrails. Once all the prawns are butterflied, set aside.
2 Combine all the salsa ingredients in a bowl with some seasoning. Ideally leave the salsa at room temperature for 30 mins so that the flavours can infuse.
3 Mix all the seasoning ingredients together, along with 1 tsp fine salt and ½ tsp cracked pepper, in a bowl. Brush the prawns inside and out with the melted butter, then toss in the spice mix. Heat two large frying pans over a high heat, tip in the prawns and cook for 4-6 mins until they have just turned pink and the insides are opaque. Serve on a board with the salsa and lime wedges.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 232 kcals • fat 17g • saturates 7g • carbs 10g • sugars 8g • fibre 3g • protein 9g • salt 2.7g

Lamb & cranberry tagine

Don't be put off by the long list of ingredients. It's really quick to prep, then your oven does all the work.

SERVES 6 **PREP** 10 mins plus at least 3 hrs infusing **COOK** 3½ hrs **EASY**
❄ without the yogurt

1.5kg lamb shoulder, trimmed of excess fat, then cubed
1 tbsp each ground cumin and coriander
1 tsp each sweet and hot paprika
3 tbsp olive oil
2 large red onions, sliced into half moons
4 garlic cloves, finely chopped
2 cinnamon sticks, broken in half
6 cardamom pods, lightly crushed
400g can chopped tomatoes
2 tbsp honey
200g frozen or fresh cranberries
50g shelled pistachios, toasted and roughly chopped, to serve
natural yogurt, handful mint leaves and couscous, to serve

1 At least 3 hrs before (or preferably a day), toss the lamb with half the cumin, coriander, sweet and hot paprika in a large bowl. Cover and leave in the fridge to infuse.
2 Heat oven to 160C/140C fan/gas 3. Heat 1 tbsp of the oil in a large flameproof casserole dish over a high heat and season the spiced lamb well. Working in batches, fry until completely brown, then set aside. Add more of the oil as you need it and get some deep colour on the meat – this will add to the flavour of the tagine.
3 Once the lamb is browned, pour any remaining oil into the dish, reduce the heat to medium and add the onions, garlic and remaining ground spices. Cook for 5 mins until softened, then stir in the cinnamon sticks and cardamom pods. Return the lamb to the dish along with the tomatoes, plus ½ a can of water and the honey. Bring to the boil, season, cover with a lid and put in the oven for 2 hrs 15 mins.
4 Bring the tagine out of the oven, give it a good stir and tip in the cranberries. Return to the oven, with the lid off, for a further 15 mins until the lamb is completely tender.
5 Taste the tagine for seasoning and remove the cinnamon sticks and cardamom pods. Scatter over the pistachios, yogurt and mint leaves, then serve out of the dish at the table with couscous.

GOOD TO KNOW fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 574 kcals • fat 33g • saturates 11g • carbs 17g • sugars 14g • fibre 6g • protein 50g • salt 0.4g

Orecchiette with cavolo nero, anchovies & pangrattato

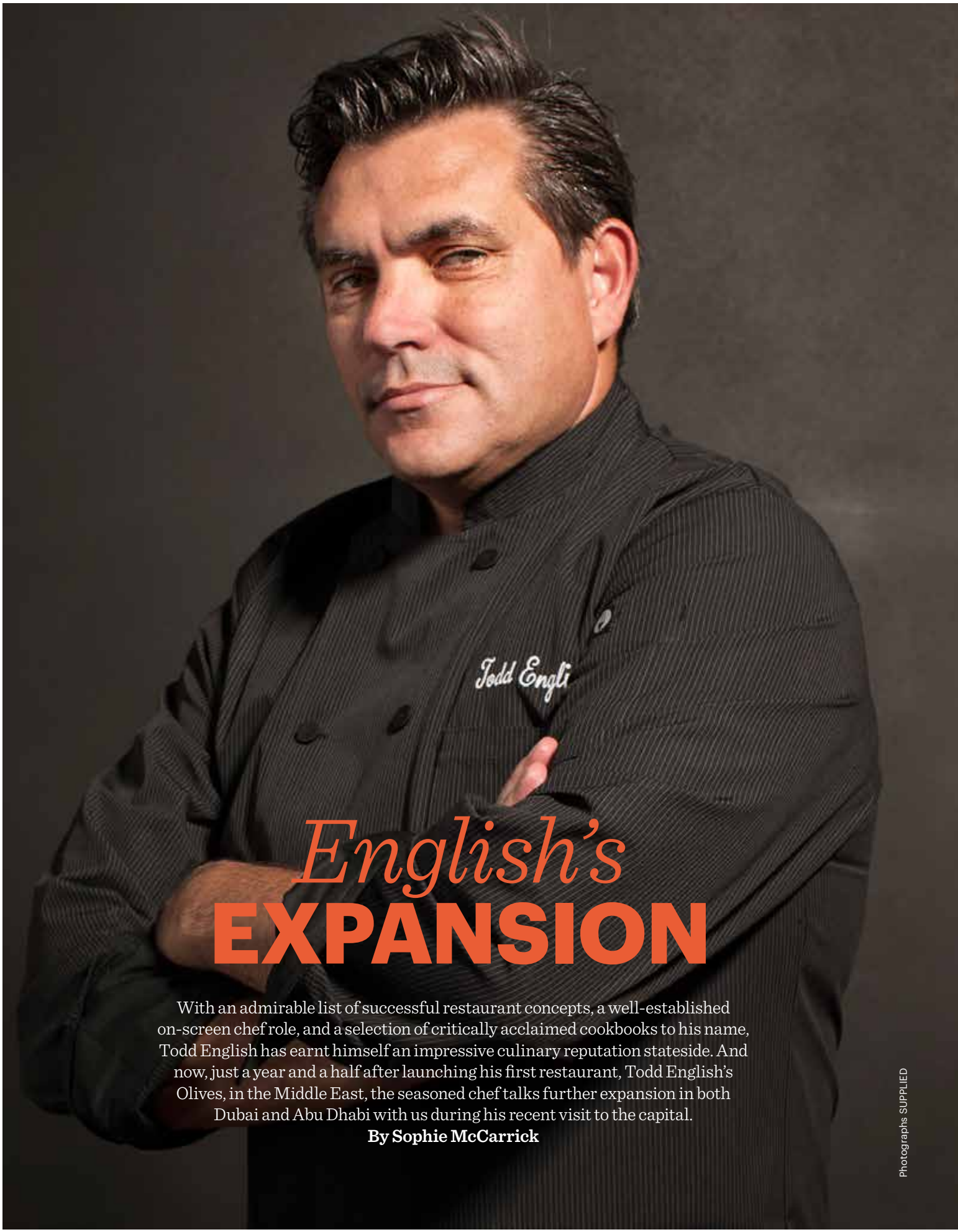
Pangrattato – toasted, crunchy breadcrumbs – add texture to this pasta dish. Serve them at the table to ensure they're crisp.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

300g orecchiette (or any short pasta)
4 tbsp olive oil
2 slices crusty bread (stale if possible), crusts removed and blitzed into breadcrumbs
2 fat red chillies, deseeded and thinly sliced
5 fat garlic cloves, thinly sliced
8-10 anchovies, in oil, chopped
200g cavolo nero, stalks removed, finely shredded
1 lemon, zested and juiced

1 Bring a large pan of salted water to the boil and cook the pasta following pack instructions. Meanwhile, heat 1 tbsp oil in a large frying pan and add the breadcrumbs. Toast until they are golden and crispy, then tip out onto a plate and set aside. Wipe the pan clean with kitchen paper.
2 Heat another 2 tbsp oil in the pan and add the chilli, garlic and anchovies. Sizzle for 1-2 mins but don't let the garlic brown. Add a drizzle of the oil from the anchovies, stir and set the pan aside.
3 When the pasta has 2 mins to go, add the cavolo nero. Remove a cup of cooking water before draining the pasta, then tip it into the frying pan and return to the heat. Add a splash of cooking water, the remaining 1 tbsp oil (along with another drizzle from the anchovies if the pasta looks dry) and the lemon zest and juice. Season well and cook for 1-2 mins, tossing everything together and adjusting the seasoning if necessary. Serve in bowls scattered with the pangrattato.

GOOD TO KNOW low cal • vit c
PER SERVING 444 kcals • fat 12g • saturates 2g • carbs 68g • sugars 3g • fibre 4g • protein 13g • salt 1.3g



English's EXPANSION

With an admirable list of successful restaurant concepts, a well-established on-screen chef role, and a selection of critically acclaimed cookbooks to his name, Todd English has earnt himself an impressive culinary reputation stateside. And now, just a year and a half after launching his first restaurant, Todd English's Olives, in the Middle East, the seasoned chef talks further expansion in both Dubai and Abu Dhabi with us during his recent visit to the capital.

By Sophie McCarrick

Photographs SUPPLIED









Located at the Venetian Village in Abu Dhabi, Todd English's Olives restaurant has fast become a popular dining spot for residents and tourists alike to enjoy Italian-inspired Mediterranean food in the capital. "Abu Dhabi is a melting pot of cultures and Olives has been so well received in the UAE – we have had a great year," says chef Todd.

Having experienced a successful debut to the region, we caught up with the American, celebrity chef behind the restaurant to hear of his international culinary journey and the exciting Middle Eastern culinary pipeline in store....

What got you started in the kitchen?

My earliest memory of cooking is with my mother. She's Italian and our family gatherings growing up were always in her kitchen. She grew up preparing food, eating, exploring flavours and how to incorporate them in her cooking, and her patience to cook for a large family is something that has always pushed me in the kitchen. The kitchen is my happy place and my stress-free zone. My cooking style has been heavily influenced by my mother and I will always be grateful for her presence in my life. Her teachings have allowed me to go on and cook for so many wonderful people throughout my culinary journey.

Where in Italy do your roots originate?

My Italian roots come from the tip of the Italy in a place called Calabria, also famously called the 'toe' of the country's boot-shaped peninsula. The place is popular for its old-fashioned villages and beautiful coast line.

How would you describe your cooking style?

I've always said cooking with love is the first ingredient to make any dish taste delicious. I like to cook with love, layering ingredients and textures a lot. I believe the key is being fearless in the kitchen and experimenting with different flavour profiles. You should give everything a go at least one in the kitchen.

Tell us about your restaurant Olives in Abu Dhabi...

Olives was the first restaurant I opened in Boston in 1989, the Olives at Venetian Village in Abu Dhabi is our 2016 version. Much of the classic elements like the open kitchen, warm décor, and original menu items remain the same, however, we have updated a few elements of the design and menu to give the restaurant a sense of place. I am happy to see that the restaurant is so well received among the gourmands of the capital and the UAE.

Which 'must try' dishes would you recommend having at the restaurant?

Our bestsellers include the beef carpaccio dish for sure, it's a classic. Plus, the veal agnolotti pasta.

How often are you present at the restaurant? When will we see you here next?

As often as I can be, I love to be in the kitchen more than anything! I am hoping to travel more to the Middle East with expansion plans in the pipeline. You'll be seeing more of me for sure. I'll be travelling to Abu Dhabi once or twice a year from now on. I'm very excited to further explore the city and the region.







"We will be bringing our Food Hall concept to Dubai in 2017 as well as the Todd English Pub & Market, to the new Abu Dhabi Airport in 2018."



What attracted you to the Middle East?

As a chef I am always looking to introduce people from around the world to my take on Mediterranean cuisine. The Middle East is a melting pot of a variety of nationalities and a busy tourism market – it's been an exciting journey so far for me over here. Historically, a connector of the east and west, the Middle East – in particular Abu Dhabi and Dubai in the UAE – have become major global food cities, and a lot of my Mediterranean roots are not so far away from this area.

What's your take on the UAE's culinary scene?

It's amazing to see how many international brands and chefs are represented here, and it seems to be growing. Locals and tourists who expect and seek out excellent dining experiences continually encourage us to bring our brand of food to them in the UAE.

Which Italian restaurants do you like visiting in Abu Dhabi and Dubai when you're in town?

I have been to Villa Toscana at the The St. Regis Abu Dhabi, and I really enjoyed eating there. Each time I visit, I'm always looking to try new spots as they open.

Do you have any plans to expand elsewhere in this region? Dubai, perhaps?

Yes, we will be bringing our Food Hall concept to Dubai in 2017 as well as the Todd English Pub & Market, to the new Abu Dhabi Airport in 2018.

You have quite a few cookbooks yourself – what are they like?

I would have to say my original cookbook, The Olives Table, is still my favourite. Generally speaking across the board though, I like to write about things that are simple and easy to understand. I like cookbooks that can be used daily in homes, and not just sit on the shelf.

For our travelling foodies, which one of your global restaurants would you recommend visiting the most?

In Manila go and check out our restaurant called The Food Hall by Todd English, or our burger shop called Pound By Todd English – both located at Fort Bonifacio. Or, if you are in Las Vegas or the Bahamas don't miss the other Olives outposts!

Todd English's Olives
Call: +971 2 404 1941
Address: Venetian Village, within the grounds of The Ritz-Carlton Abu Dhabi



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Detox *daycation*

Shaking off the festive cobwebs? Why not treat yourself to a day of revitalisation at the spa, followed by a nourishing meal packed with all the goodness your body needs? Here are a few of our favourite spots in Dubai and Abu Dhabi.

By Sophie McCarrick



DUBAI

Talise Spa, Madinat Jumeirah

Where?

TALISE SPA, MADINAT JUMEIRAH

What's on offer?

A unique destination combined with luxurious spa experiences, Talise Spa is peacefully located within the tranquil waterways of Madinat Jumeirah. With treatments personalised to cater to what you're looking for, choose from a variety of signature experiences, facials, massages and body treatments – all performed in one of the 26 treatment rooms, inclusive of three couples' suites. Afterwards, fill-up on nutritious salads or energy drinks at Talise Café, offering á la carte dining throughout the day and light meals in the evening – all low in calories and high in protein.

Get in touch: Call 04-3666818 or e-mail MJtalise@jumeirah.com.

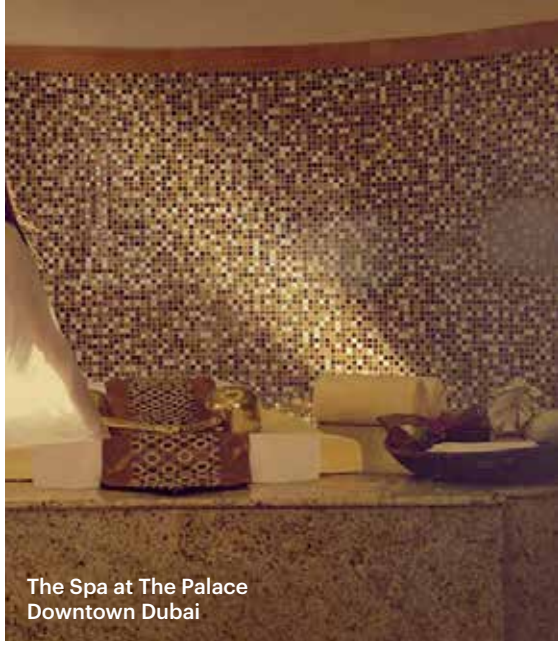
Where?

THE SPA AT THE PALACE DOWNTOWN DUBAI

What's on offer?

Offering an exclusive retreat for those seeking a relaxing environment to rejuvenate and refresh the mind and body, The Spa boasts Oriental treatments in a unique Arabic environment. Facilities include hammam slab, Jacuzzis, Monsoon showers, steam rooms, a dedicated consultation space, relaxation lounge and retail counter. After your treatment, head to Al Bayt lounge where you can sip on the finest, refreshing teas while enjoying panoramic views of Burj Lake and The Dubai Fountain, and the new Dubai Opera House.

Get in touch: Call 04-4287805 or e-mail spawomen@thepalace-dubai.com / spamen@thepalace-dubai.com.



The Spa at The Palace Downtown Dubai



So SPA, Sofitel Dubai The Palm Resort & Spa

Where?

SO SPA, SOFITEL DUBAI THE PALM RESORT & SPA

What's on offer?

Immerse yourself into Polynesian tranquility at So SPA, where you'll find 29 treatment rooms, therapeutic pools, a steam room, hammam and outdoor, private cabanas for couples' massages. Choose from a range of treatments, from Thai and Aryuvedic massages to Vichy showers. This month, find the following treatments on offer: Under The Rain Treatment (30 mins) for Dhs200 instead of Dhs350, Hot Stone Massage (50mins) for Dhs350 instead of Dhs500, or the Tahitian Wave Bliss (90 mins) for Dhs510 instead of Dhs850. For lunch, stroll down to the beachfront eatery, Maui, where you can choose from a refined selection of fresh salads, pairing with your choice of smoothie.

Get in touch: Call 04-4555433 or e-mail so-spa.palmdubai@sofitel.com.



Text by SOPHIE MCCARRICK | Photographs SUPPLIED



Wellness room at Rixos The Palm Dubai





Where?

ANJANA SPA, RIXOS THE PALM DUBAI

What's on offer?

Offering a true oasis for rejuvenation, Anjana Spa is perfect for those looking for a relaxing staycation away from the hustle and bustle of city life – without travelling too far. Located on The Palm, Anjana Spa offers an all-in-one sleep, relax and pamper experience. With a selection of 'Wellness Rooms' located within the Spa itself, you'll never be more than just steps away from tranquility.

Once checked in, refresh in the private plunge pool located on the terrace of each Wellness Room – or dive into the lap pool just below. Across the hallway, treatment rooms, a traditional Turkish hammam, steam room, sauna, ice fountain, Jacuzzi, and couples' treatment suites await.

Abundant with Turkish culture, the Anjana Spa unites authentic traditions with wellness – using natural oils from the fertile soils of the Black Sea coast its spa rituals. The Spa also prides itself on offering on the best in Turkish hammam rituals.

Historically, the Turkish hamam is a celebration of the senses, where one is bathed by an exclusive sultan by applying special ointments all over the body to sooth and nurture the skin – as performed at the Anjana Spa. There's an exfoliating process, followed by a lathering treatment to clean and rejuvenate the skin – ensuring that all toxins and dead cells are removed (perfect for detoxing!). Before you're washed down with buckets of warm water.

In addition to the Turkish hammam, choose from a selection of massages like the Bali massage, hot stone massage, Abiyanga massage and aromatherapy massage.



Additional treatments like reflexology, aromatherapy, body wraps and exfoliation are also available at the Anjana Spa, or beauty pampering like hairdressing, manicure, pedicure, waxing are available from the Platinum Black Beauty salon.

And, don't forget to bring your sports gear along with you as there's a fully-equipped fitness centre with a range of equipment, free weights, plus a studio for aerobics, yoga and other exercise classes.

When it comes to food, Rixos The Palm Dubai has several options to choose from. From room service delivered to your wellness room post-treatment (freshly squeezed juices, crunchy salads and superb soups), to beachside dining where you can enjoy grilled catch of the day with a side of steamed veg – there's a nice variety.

To continue the relaxation, the resort's newly opened Nu Air Lounge is located adjacent from the wellness rooms, providing a tranquil area to sit in peace and enjoy a cup of specially blended tea.

For dinner, we'd recommend trying the Italian-inspired Mediterranean restaurant, L'Olivo. There's a beautiful selection of dishes on the menu that are not only healthy and delicious, but will ensure you're kept fuller for longer.

Get in touch: Call 04-4575415 or e-mail spa.dubai@rixos.com.

Where?

ANANTARA SPA, ANANTARA EASTERN MANGROVES HOTEL & SPA, ABU DHABI

ABU DHABI



What's on offer?

Nestled peacefully overlooking the beautiful Mangroves, tranquility stretches far beyond the walls of the spa at this property. From the moment you enter the hotel, expect that weight to drop from your shoulders as serenity of Anantara Eastern Mangroves washes over you. Surrounded by natural waters and greenery, this hotel is a world away from the busy day-to-day city life – and only just over an hour's drive from Dubai.

Up at the Spa, there's 10 treatment rooms, a traditional Turkish hammam, three Deluxe Double Suites, two private VIP Hammam scrub rooms, 2 Vichy shower rooms and 1 LPG Room for Lipomassage and Endermologie. Plus, six salon styling units, including a





manicure/pedicure room, and sauna and steam rooms for relaxing in pre- or post-treatment.

With dedicated entrances for both male and female, once you're inside, embark on a sensual journey as your therapist pampers you with traditionally inspired techniques and gentle authentic remedies. At the Anantara Spa, you can choose between Middle Eastern ways and indigenous treatments from Thailand – you can even opt for the Bespoke Spa Essentials treatment (2.5 hours), which allows you to customise your session and choose from three different rituals.

Perfect for detoxifying the body, the Anantara Signature hammam, is a six-step treatment that combines traditional Turkish elements and incorporates an array of organic, detoxifying body treatments from Red Flower to leave you feeling indulgently cleansed and nourished.

Another way to get you feeling back on track would be to check out the spa's recently introduced clinical skincare menu – all dedicated to improving your skin health. Whether it's fighting aging skin or acne breakouts, pigmentations or dullness, Anantara Spa's skilled skincare specialists are at hand to address all areas of issue.

The new menu incorporates Hydro Cool treatments, which uses the power of water. Comprising of a high-pressure water jet to enable infusion of water, oxygen and active ingredients into the deepest layers of the skin, the treatment provides the nutrients needed to maintain elasticity, firmness and glow.



For a bite to eat afterwards, head to Pachaylen for a Thai dinner to remember (and to meet one of the friendliest chef's around!). From freshly cut papaya salad and tom yum goong soup with king prawns, to steamed sea bass fillet with lemon grass, and roast marinated duck with vegetables – there's lots on the menu to fully satisfy your cravings, yet still keep you on the healthy track.

If you're looking to make a relaxing weekend staycation out of your trip, there's currently a special with rates starting at Dhs1,870, including accommodation in a Deluxe Room, Kasara Room or Kasara Suite, daily buffet breakfast for two people, and a spa experience for two people to choose from either a 45 minute Traditional Turkish Hammam or a 45 minute Arabian Massage.

Get in touch: Call 02-6561146 or e-mail easternmangroves@anantara.com.

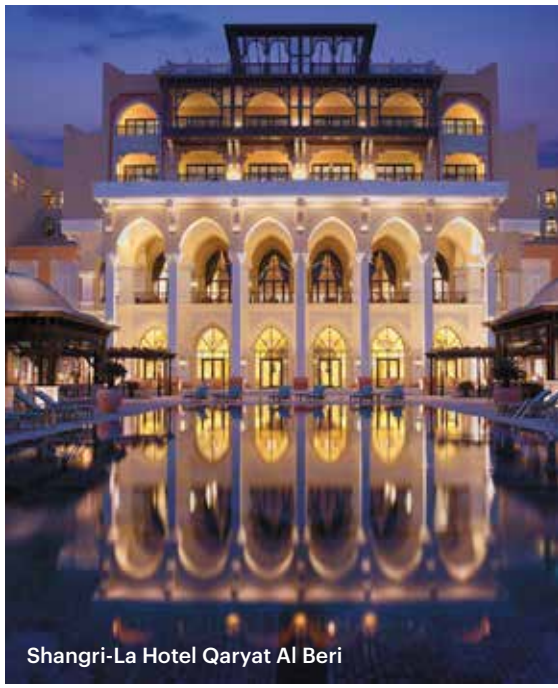

Emirates Palace Spa, Emirates Palace Abu Dhabi



Where?
EMIRATES PALACE SPA, EMIRATES PALACE ABU DHABI
What's on offer?
This decadent spa showcases a range of purely indulgent packages that aim to ignite a sense of balance and serenity. The spa features a traditional Moroccan hammam that has two Jacuzzis, two steam rooms, heated marble and an ice cave. During the month of January, with every 60-minute massage booked you will receive an additional 15 minutes with compliments. To dine, Emirates Palace Abu Dhabi has introduced the 'Weqaya' concept across it's Beach Club restaurants menus: Cascades and Las Brisas. The hotel's chefs worked with the Abu Dhabi Health Authority to create a range menu items which bear the 'Weqaya logo.' So, on the new menus look out for the logo, and you'll find healthy and filling options, such as jungle wraps, pan-fried salmon, spicy tuna and quinoa and barley salads.
Get in touch: Call 02-6907978 or e-mail spa@emiratespalace.ae.

Where?
ESPA, YAS VICEROY ABU DHABI
What's on offer?
Enter a sanctuary of rejuvenation at ESPA, where classic healing traditions blend with modern techniques. With nine treatment rooms, separate private areas for male and female guests, a relaxation lounge overlooking the Yas Marina race track, plus the Viceroy Presidential Treatment Suite featuring its own hammam, steam room with a rain shower and color therapy, and Kinesis fitness equipment – this spa is idea for those looking for a quick escape from their fun-filled stay on Yas Island. Post-treatment, pop into Kazu, the hotel's Japanese restaurant for a delicious, low-cal meal from the robatayaki grill, or the sushi and sashimi bar.
Get in touch: Call 02-6560862 or e-mail espa.spa@viceroyhotelsandresorts.com.


ESPA, Yas Viceroy Abu Dhabi

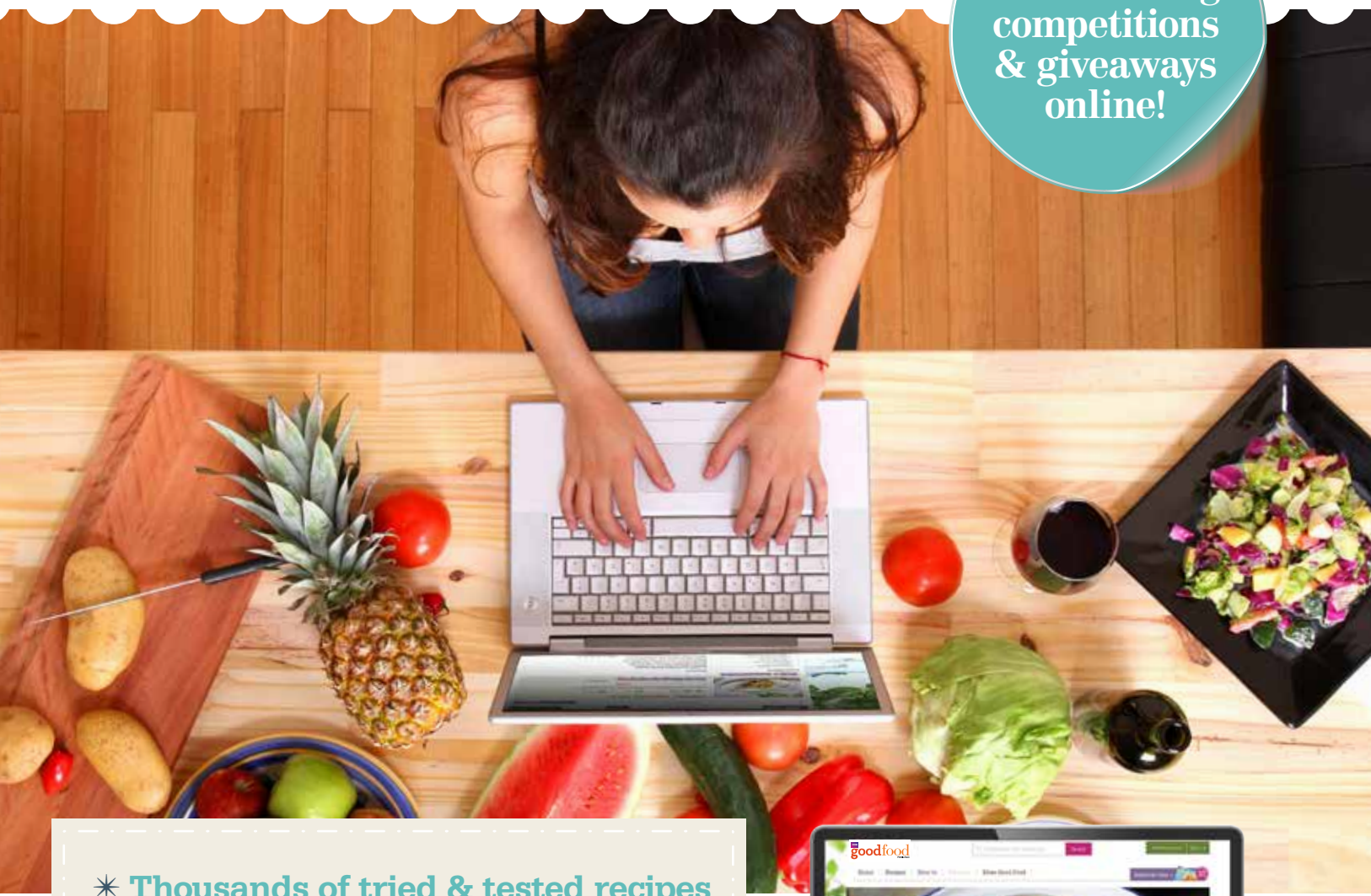

Shangri-La Hotel Qaryat Al Beri



Where?
CHI, THE SPA, SHANGRI-LA HOTEL QARYAT AL BERI
What's on offer?
Drawing inspiration from the origins of the Shangri-La legend, a place of personal peace, enchantment and well-being, all massages and treatments at CHI, The Spa are based on authentic natural healing methods found in traditional well-being practices shared by many Asian cultures. Combining the flavours we love with pampering, opt for an Arabian Date Body Wrap, or an Arabic Coffee Scrub, among many other available treatments. Then for dinner, enjoy a refined experience at Bord Eau French restaurant, where the chef de cuisine prepares healthy dishes using seasonal fresh produce that is flown in from France.
Get in touch: Call 02-5098900 or e-mail chi.abudhabi@shangri-la.com.

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BBC goodfood Middle East

More cheese, please!

The dying days of Autumn are a great time to visit rural France, with the combination of morning mists and still flowering vegetation making sight of small villages, settlements and orchards or vineyards seem more romantic, even when speeding past in a tour bus full of media folk often more intent on updating their on-line presence than relishing the escape from the Gulf's oppressive heat and diving into centuries old traditions of the countryside. Dave Reeder joins a cheese tour.

As a farming and manufacturing process, it doesn't get much simpler than cheese. Cows - in some case, sheep or goats - feed themselves on lush vegetation, they're milked twice daily, that milk is treated with rennet which separates the milk in curds and whey. The whey returns as animal food and the curds are poured into moulds. Some turning, some storage and – hey! – you've got cheese.

Of course, it's not quite that simple. The art of a good cheesemakers lies in ensuring the quality of the milk, understanding how feed affects it, guaranteeing cleanliness, delivering the right conditions for maturing and, finally, knowing just when a cheese is ready for market. It's part science, part art and a whole lot of expertise. For such an apparently simple product, it's a surprisingly complex subject.

And one the French are historically very good at, with regional and very local cheeses right across the country in a bewildering variety of tastes, shapes and colours. As Napoleon famously observed – how can you govern a country with more than 500 cheeses?

To try and answer this question and introduce a group of UAE food writers, Sopexa (the support body for French exports) recently organised a tour of three cheese-producing areas: Normandy, Burgundy and Rhone-Alpes. The idea was simple: give us an understanding of the French cheese industry, see on the ground how French cheeses are produced and, of course, sample as much as we could!

Meeting in Paris, we took a train to Caen, where we transferred to coach and rode through the boscage to Bayeux, home of the famous tapestry. After checking in to the excellent Hotel Reine Bayeux, with many rooms backed by the small river Aure and views of Cathedral Notre Dame from its front door, we moved to the local Le Lion D'Or hotel to eat at its small restaurant La Table du Lion which specialises in local ingredients cooked is a modern and classy style, though clearly most of the party were tired after a long day's travel from Dubai and most of our thoughts were focused on the next day's early departure for the road trip! The restaurant is efficient, the food excellent but a general feel of emptiness made it feel rather out of season.

A brisk start the next morning, after a simple self-service breakfast in the hotel, saw us back on the coach heading to Isigny-Sainte-Mère. Isigny, as a whole, is an important milk production area, with AOC butter and cream as well as excellent cheeses such as Camembert, Mimolette, Pont-l'Évêque, Trésor d'Isigny and more, made by the Isigny Sainte Mère co-operative. Quick aside for a fun fact: the earliest known ancestor of Walt Disney, with a similar name, was Jean-Christophe d'Isigny...

Although Sopexa and CNIEL (the French Dairy Association) were the organisers of the trip, our expert guide was François Robin MOF (Meilleur Ouvrier de France - a lifetime title recognising skill and knowledge) - who is a cheesemonger, who selects, ages and sells cheeses. He has also been the chief cheese advisor to Fauchon, the upmarket food store in Paris. No better person then to explain to us the process of turning milk into cheese, though there is a marked contrast between the state of milk production (albeit mechanised though, with farmyard animals, in not spotless conditions!). Normandy milks are distinguished by their exceptional richness, high fat content, high levels of protein, Omega-3 fatty acids and vitamins, as well as by their lactic bacterial flora that is characteristic of the Isigny terroir.



STORE AND EAT!

Tempting though it is to keep cheese in its original wrapping, it is far better to store it in greaseproof paper and then place it in a Tupperware container, which has a mildly damp cloth as lining together with two or three sugar lumps to help maintain the moisture. You can store several types of cheese togater except blue cheese which, being much stronger, should be stored seperately. This will keep soft cheese fresh for a week or so, hard cheese for two or three. Never serve straight from the fridge - give cheeses an hour or so to adjust to room temperature.

Creating your own cheeseboard is, of course, a matter of taste but you're probably best with a mix of hard and soft, mild and strong, plus a blue. Start eating with the mildest.





It's worth a brief diversion to discuss the issue that divides cheese lovers: pasteurised or non-pasteurised? One either side of the argument, we have strong opinions: raw milk gives cheese a better flavour or cheese made from pasteurised milk can be as delicious. Leading the global fight for pasteurisation is the USA, where cheese made from unpasteurised milk cannot be imported unless it's 60 days old, the belief being that the acids and salts in raw milk cheese combined with the aging process naturally prevent listeria, salmonella, E. coli and other harmful bacteria from growing. So how is milk pasteurised? Simply by heating it to a temperature of 161F for fifteen seconds or to 145F for thirty minutes or more.

First stop on our tour was Graindorge, one of the farms whose dairy supplies nearly 1,800 litres of milk a day from two milking morning and late afternoon. The cows are milked with automatic machines and the milk is then stored in refrigerated tanks for delivery to the Cooperative. All equipment and the milking shed are disinfected after each milking, of which there are two a day. On delivery, rennet is added which has the effect of trapping water and fat in the curds, which are squeezed during the process to remove more water thus creating a more solid cheese. Once formed, the curd is chopped into small pieces and poured into moulds the shape of the desired final cheese. Salt is added either during processing or via a brine solution later to draw out moisture and help protect against contamination. The cheese moulds are then stored in a warm room. This whole process holds true of all cheeses except blue cheeses, which receive an injection of the Penicillium fungus.



After the cheese has formed, they need to be aged or ripened and it's at this stage that the different effects of temperature, humidity and storage time help to give each cheese variety its own distinct characteristics.

Isigny Sainte-Mère cheeses all bring together a variety of rich and rare milks, with two of them - Normandy Camembert and Pont l'Evèque - enjoying full PDO status. The 110-worker strong Cooperative now produces three main families of cheese:

- Soft cheeses with mould rinds, such as Camembert or Pont l'Evèque.
- Hard cheeses that have been cooked and pressed, like Mimolette, Saint-Paulin or Pavé d'Isigny
- Fromage frais: smooth or set, with fruit or plain.

Demand for product is so high that the operations run for 24 hours, five days a week, with production increasing in October and November, to meet the peak demand of Thanksgiving and Christmas. At that time, the workforce increases to 200 and the operation gears up to 24/7 production.

So, let's look at the cheeses in a bit more detail.

An historic and gastronomic monument, the invention of Camembert is attributed to cheesemaker Marie Harel, who lived near the village of the same name in the early years of the French revolution. By the late 19th century, it was already finding a ready market well away from Normandy. It was awarded PDO status in 1986, which guarantees that the cheese has been made locally from raw milk produced in the Normandy terroir, the mould is filled by hand with a ladle and the cheese is ripened for a minimum of 16 days in the ripening chambers. Milk for Camembert is heated in vats, then it seeded with lactic cultures and rennet is added. This curdles the milk which starts to drain naturally. The moulds then filled in a number of successive passes, depending on the required results, with each layer of curds resting for 40 minutes before the next is added on top, The curds are then



NORMANDY COWS

The Norman cow located under the apple blossom is not just your stereotypical image. It is the emblem of Normandy. Normandy cows have white coatings with brown marks. They live in the grassy pastures for one half of the year and indoors in the barn during winter. They only feed on grass and fodder, enriched with some natural food supplements.

Photographs SUPPLIED & SHUTTERSTOCK







salted and then put in a well ventilated room called a hâloir, in which the master cheesemaker watches over the early stages of the ripening, adjusting the humidity and temperature in the room. By the fourth day, there should be a mild scent of apple, which is a mark of quality. Two days later, a downy white coat of penicillin marks the start of ripening, which should take another six days before the cheese is packed into its traditional wooden box, where it continues to ripen. Camemberts are offered to market in four stages of ripening, depending on customer orders.

Pont l'Eveque may not be as well known as Camembert, but it's creaminess and golden rind make it a special cheese. Making it requires both skill and patience, since the process is completely different to making a Camembert. As before, milk is heated and rennet added to coagulate it. When formed, the curd is cut and the whey drained off to limit lactose levels and curb the development of lactic cultures which feed on lactose - this is why Pont l'Evèque remains a supple cheese. After four days, the cheeses are taken out of the moulds and salted on the fifth day. They are washed in salt water on the seventh day, hence the term washed rind cheese. For the rest of their time in the hâloir, the cheeses are turned by hand as they ripen, which can take between two and six weeks.

Isigny Ste-Mère Brie is a soft cheese with a mould rind which is left to drain slowly, on its own. It's a close cousin to the Brie de Meaux and the Brie de Melun. The Isigny Ste-Mère Brie is a half lactic, half stabilised Brie using a traditional process in terms of technology. The milk is seeded with lactic starter cultures and matures before being moulded. Once drained, the cheeses are removed from their moulds and dry-salted before being held in the ripening room. They will then ripen on wood shelves, for at least seven days.

A cousin to Port-Salut, Saint Paulin was originally made by Trappist monks at Saint Paulin. It is made with pasteurised milk and has a washed rind. Curdled, stirred, drained and bathed in brine, the crust has a touch of anatto to give it a distinctive orange tint. It spends three weeks in a ripening chamber, developing into a subtle cheese, with a hint of sweetness and a taste of slightly acidulated fresh milk.

Seemingly the odd one out amongst Normandy cheeses, the bright orange Mimolette draws its nature again from the local milk, seen as ideal to produce such a hard cheese. As before, milk is heated and seeded with lactic cultures that help the flavour notes to develop. Rennet is then added to the batch, followed by anatto, a naturally-occurring plant-based orange colouring agent. The curds are cut to allow the whey to drain and the curd is then pressed for a first time and cut up again into cubes, going into cloth-lined moulds before being pressed a second time. At this stage, the Mimolette has taken on its final shape and is placed in a saline bath for 72 hours, which adds to the taste and helps to form its crust. A cycle of six weeks in the warming chamber follows during which the cheeses take on a bloom or fine coat of mould on which cheese mites will feed. This is a good thing, since these mites will take off the layer of mould and give the cheese its finished look! To ensure the uniformity of the crust and the shape of the cheese, a master cheesemaker turns the cheeses over at regular intervals and checks them by striking them with a wooden mallet, to test their quality and warns of any weaknesses in the structure. If the noise is muffled, the Mimolette is fault-free, with no air spaces inside it. On the other hand, a hollow sound indicates a hole – and a faulty cheese.

The production method for fromage frais is a little different. Again, whole milk is seeded with carefully selected lactic starter cultures before rennet is added to trigger curdling. The curds are left overnight at a predetermined temperature before whey is drained off in the morning. Farmhouse fromage frais is made in cloths, draining slowly and gently, as tradition requires. This process preserves all its character and texture, allowing a lightly acidulated taste to develop.

Feeling by now as if we had survived a complicated science lesson, we thankfully got out of our white coats, show covers and hair nets to get back on the coach to head to Lisieux, with just enough time for a quick and undistinguished lunch, before riding the train back to Paris. There, we transferred to the slightly quirky Hotel de la Porte Doree in the 12eme, before heading across town to Le Chardenoux, Chef Cyril Lignac's take on a traditional Parisian bistro in the 11eme, close to the Marché d'Aligre - a place I'd eaten at a few years back and one I was eager to try again. It's a slightly odd place, with a compact L-shaped room almost dwarfed by dark wooden fittings, frosted glass panels, plaster mouldings and, as if that wasn't enough, a ceiling painted with a blue sky and fluffy white clouds. Thankfully, the food is much simpler with Ligniac's reinvention of classic dishes, such as steak tartare and frites.

Time for sleep and the first part of our French cheese tour was over!

The cheese tour continues with a look at the cheeses of Burgundy and the Rhone-Alpes in an upcoming issue.

WHERE TO BUY IN DUBAI

Although most large supermarkets sell French cheese, you're better sourcing from a good retailer who stores cheeses properly and can offer advice. We recommend:

- Carrefour
- Jones The Grocer
- Lafayette Gourmet
- Market & Platters
- Secrets Fine Food

Healthy eating made easy!

Our latest Food Club event saw an eager group of foodies gather at Miele's state-of-the-art Kitchen Gallery on Sheikh Zayed Road. The exclusive cooking demo, led by chef Russell Impiazzi from Galeries Lafayette and chef Athena Matheou from Be Super Natural, was all about healthy living and cooking clean in the kitchen. The two chefs taught attendees how to make dishes (see recipes overleaf) that are not only deliciously healthy, but also easy and quick to make. A common misconception with clean eating is that it requires too much time to make, however, as both chefs demonstrated at this event – that's not the case at all.























Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN

TRY CHEF RUSSEL'S RECIPES AT HOME!





Poached sea bream with vegetable, herb broth and fennel pollen

Incredibly simple, aromatic yet wholesome dish, great for the family. The great thing about this dish is there should not be any vegetable wastage at all, it all goes in!

4 sea bream fillets with the skin off
1 small bulb of fennel
1 cup full (approx.) / 150gms cooked weight of chickpeas (soaked and cooked)
1 whole small leek (green and white)
1 small white onion
1 bunch of kale leaves or baby spinach
2 sticks of celery
1 whole juiced lemon
Pink salt, to taste
Soft herbs - basil, chervil, tarragon, parsley, fennel flowers
Rapeseed oil

1 Dice all the vegetables, start by slowly cooking the onions, leeks and fennel, add the celery and cook on a low heat without any colour until soft. Season with a little of the salt as you go.
2 Add the lemon juice and add enough cold water to just cover the vegetables. Bring to the boil and add in the chopped kale or spinach, add in the chopped herbs. Take the broth off the boil.
3 Season the fish fillets and place on the vegetable broth, cover with the lid and gently simmer for about 5 minutes. The fish should gently poach and with the help of steam gently cook.
4 Remove and portion into bowl and tuck in!

Turkish delight brownie with banana pistachio ice cream

Start the year as you mean to go on: sugar-free, dairy-free, and gluten-free without compromising on flavours!

For the brownie

2 tbsp of rose water
110g of walnuts
35g of almonds
45g of chia seeds
275g of daates
50g of cocao powder
1 vanilla pod
30g cocoa nibs
Pink salt, to taste

Simply put all the ingredients into a food processer and blend. Line a tray with baking paper, spoon out and level out. Chill for at least 3 hours.

For the glaze

75g pure maple syrup
75g coconut oil
75g cocao
1 tbsp rose water (optional)

Whip all the ingredients together to form the chocolate galze and pour over the brownie.

For the banana pistachio ice cream

4 bananas
100g peeled pistachios

Deep freeze the bananas and blend with the pistachio nuts (a vita mix blender is perfect for this.)

This recipe is courtesy of Super Natural Kitchen at Galeries Lafayette Le Gourmet

BBC goodfood FOOD CLUB Middle East

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Bringing together some of the finest talents from the hospitality and culinary industries, The Pro Chef Awards 2016 retuned for another successful year. On November 16, CPI Media Group welcomed over 350 guests to a dazzling gala evening at the Habtoor Grand Beach Resort & Spa, to celebrate stand-out chefs of the year – as voted by the industry.

A true pioneer in the region's awards offerings, all nominees were drawn exclusively from 4- and 5-star F&B establishments with voting open to industry professionals and peers alike.

The fun-filled evening comprised entertainment, a delicious three-course menu showcasing the finest produce from New Zealand, and of course, the presentation of awards to a spectacular line-up of talents in the region.

Included in the collection of awards given out on the evening were categories such as: Best Arabic Speciality Chef (Colin Clague, Ruya), Best British Chef (Darren Velick, The Croft), Best Innovation Chef (Reif Othman, PLAY Restaurant & Lounge), Best Meat Speciality Chef (Brian Voelzing, The Hide), and Best Seafood Speciality Chef (Grégoire Berger, Ossiano), plus more!

BBC Good Food Middle East would like to congratulate all of the well-deserved winners – here's to another year of outstanding growth across the F&B industry!

Text SOPHIE MCCARRICK | Photographs MAKSYM PORIECHKIN

Meet the winners!



Arabic Speciality Chef
Colin Clague, Rüya



British Speciality Chef
Darren Velick, The Croft



Innovation Chef
Reif Othman, PLAY Restaurant & Lounge



Meat Speciality Chef
Brian Voelzing, The Hide



Seafood Speciality Chef
Grégoire Berger, Ossiano



Outstanding Achievement Award
Tarek Ibrahim, MLA



Latino Speciality Chef
Juan Carlos Gonzalez Hernandez, El Sur



Italian Speciality Chef
Leonardo Maltese, Bice Mare



Indian Speciality Chef
Himanshu Saini, Tresind



Cooking School
ICCA



Asian Speciality Chef
Harvey Courtot, Nobu Dubai


the
PRO

































Competition



bazxar

WIN!

A **dinner for 6 at Bazxar,** worth **Dhs5,000!**

Win dinner for you and five of your friends at the trendiest place in DIFC: Bazxar!

Bazxar is an exciting new 'food-market-restaurant-wine-bar' concept, brought to Dubai by Kunal Lahori's group, 'Create Hospitality', known for their dynamic success with El Sur and Prêt To Go. Bazxar takes guests on an inspiring food journey, having painstakingly scoured the globe for all that is under-celebrated. Open since June last year, Bazxar's aim is to offer the UAE a disruptive approach to dining morning to night, shaking up the industry with a no-nonsense approach to fine food.

New tastes, sounds and flavours will fire up the imagination, and the deconstructed, industrial interior created by the award-winning Bishop Design will be the perfect backdrop for the food theatre on display. The interior design features contemporary art with rustic wooden flooring, mesh metal work with brass finishes, and specially designed leather furnishing, complemented by an eclectic mix of textures.

Expect the ordinary, made extraordinary; from steamed bao buns, aromatic soups and noodles at the Vietnamese station, to burgers and hotdogs at the Meat District. Grab an energising espresso and Viennoiserie from the bakery and coffee counter, or linger at the wine bar featuring a selection of 30 grapes by the glass. End up at the lounge for some chilled music or entertain your guests in the main dining room.

Bazxar is located at DIFC, Gate Precinct Building 4, Dubai. To make a reservation call 04-355 1111 or visit bazxar.com.

The prize draw for dinner for six at Bazxar will be made at the end of January 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

Which company designed Bazxar's interior?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



Competition



WIN!

A **fabulous day experience at Dubai Creek Golf & Yacht Club for 4,** worth over **Dhs4,380!**

Win a round of golf for four people midweek on the Creek Championship course at Dubai Creek Golf & Yacht Club, pool access for the day, breakfast or lunch at The Academy for four and dinner for four at Lakeview!

Dominating Dubai's enchanting waterfront, the Dubai Creek Golf & Yacht Club overlooks the Creek and Marina.

A round of golf at the sporting oasis in the heart of the city has a distinct aura of a delightful journey across the fabled landscape of Dubai, a city that thrives in all seasons. Well-groomed fairways lined with date palms and coconut trees, attractive water hazards and shrubbery lends a tropical air to the Club's 18-hole, par-71 championship course that rolls into thousands of undulating yards.

To eat, visit Lakeview which offers a stylish and relaxed setting to enjoy breakfast, lunch or dinner – along with magnificent views of Dubai's skyline. Enjoy themed buffet menus throughout the week, featuring international cuisine, signature favourites and a live BBQ. Lakeview also offers 14 types of shisha, alongside its contemporary drinks and cider menu.

Or, head to The Golf Academy, where you'll find a refreshing and contemporary café. Overlooking the floodlit practice facilities, the Academy Café is the perfect venue for relaxing, socialising, enjoying light snacks and Starbucks coffees. The Academy Café features a brand new menu with a selection of light dishes along with our daily selection of homemade pastries and cookies.

And that's not all. With various other F&B outlets offering a variety of international cuisines, you're sure to be kept satisfied during your visit.

To make a reservation, call 04-3801234 or e-mail golfbooking@dubaigolf.com.

The prize draw for the day experience for four at Dubai Creek Golf & Yacht Club will be made at the end of January 2017. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

Which restaurant at Dubai Creek Golf & Yacht Club offers Dubai skyline views?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

LET'S BRUNCH APP FOR 2 & A BUBBLY FRIDAY BRUNCH FOR 2 AT YALUMBA! WORTH DHS1,099

Let's Brunch, a recently launched app by Mr & Mrs Brunch, features a comprehensive list of honest, independent brunch reviews, discounts of up to 50% on brunches and an in-App purchase option unlocking exclusive deals negotiated by Mr and Mrs Brunch on behalf of their App subscribers with many of the best hotels and restaurants in the Kingdom, has instantly become the starting point App for UAE Brunchers. Within three days of its launch, over 4,000 subscribers had downloaded the Let's Brunch App, and far from settling down, those figures are multiplying at a rate that clearly demonstrates that Brunching in the UAE really is a national pastime.



WIN!

POLO BRUNCH FOR TWO AT DUBAI POLO & EQUESTRIAN CLUB! WORTH DHS470

The Dubai Polo & Equestrian Club launched in April 2006, and has rapidly drawn visits from both residents of Dubai and visitors to the city. Over the years, its internationally acclaimed reputation as the host of world-leading polo, dressage, show jumping, training and livery facilities has seen the club become one of the most popular destinations in Dubai. Taking centre stage of its exclusive Club is The Club House, designed as a distinctive Spanish 'hacienda' where members and guests can soak up the many dining, leisure and entertainment options. A great choice for corporate functions, the venue is fully equipped with all modern facilities including Wi-Fi throughout. With the esteemed equestrian lifestyle as your backdrop, you will enjoy a visit full of prestige and intrigue. Located next to the Arabian Ranches, the Dubai Polo & Equestrian Club is perfectly positioned for an indulgent experience of the glittering equestrian way of life.



WIN!

A GIFT VOUCHER TO SHOP ON CITRUSSTV.COM! WORTH DHS300

citrussTV.com, the Middle East's home shopping network, brings you the latest kitchen and beauty innovations from around the world. Be the first to try cutting-edge products before anyone else. Order your products today from www.citrusstv.com or call 800 95 95. citrussTV is one of the leading multi-channel home shopping retailers in MENA. Based in Dubai, the company sells its products on its own dedicated TV channel and its e-commerce and mobile app platforms to 17 markets, covering the GCC, Levant and North Africa. At citrussTV, the goal is to provide each customer with an enjoyable home shopping experience by offering a variety of quality products in the categories of beauty, fashion, kitchen & home, accessories and jewellery all handpicked by experts and delivered with a superior service that matches the customer's expectations.



WIN!

DINNER FOR 4 AT BIG DADDY'S DUBAI! WORTH DHS500

With fluffy pancakes, massive, juicy burgers, crispy tots, soda floats and thick milkshakes, Big Daddy's has burst onto Dubai's culinary scene with a huge portion of authentic, hip 80s-styled fun including retro arcade game machines and 80s soundtrack. Big Daddy's Dubai is located in Burjuman Centre and this is the first time that the iconic New York brand has stepped outside of the USA and Dubai was hand-picked as the perfect location. Those looking to have a start to the day which will set them up until lunch (and beyond!) can swing by from 9am daily to enjoy an all-day breakfast, pancakes, waffles, French toast, eggs of all varieties, breakfast sandwiches and smoothies along with some awesome crispy tots – plus much, much more for lunch and dinner!



WIN!

1 OF 3 BRUNCH FOR 2 VOUCHERS AT COUQLEY! WORTH DHS558 EACH

Couqley offers delicious classic French bistro meals and great, fairly-priced wines. Serving lunch and dinner during the week and brunch on the weekend, you can choose your favourite dishes from the tastefully crafted menus and accompanying beverages from the extensive yet widely accessible wine list and a fully stocked bar. Couqley's design is warm and reminiscent of 1950's artisan workshops of Paris; its interior design inspired by the original bistros of France and features hand-cut mosaic stone floors, white marble and cast zinc bars and charming indoor terrace seating.



WIN!

DINNER AT KUZBARA'S BBQ & HOPS EVENING FOR 2! WORTH DHS390

Kick-start your weekend at Marriott Hotel Downtown Abu Dhabi, and take advantage of the sizzling cuisine on offer every Thursday evening at Kuzbara from 6pm to 10.00pm. Enjoy an exquisite selection of unlimited BBQ delights bursting with flavour, as well as bottled hops and sangria, all for just Dhs195 per person excluding taxes. Find out more about Marriott Hotel Downtown Abu Dhabi at kuzbaraabudhabi.com or call 02-3047777 for reservations.



WIN!

THE ENTERTAINER CHEERS! WORTH DHS495

Beat the heat and find your cool zone with Cheers Dubai, the new Entertainer App. Featuring hundreds of Buy One Get One Free offers exclusively on drinks, the Entertainer Cheers will help you to cool down in the best restaurants, bars and nightspots of Dubai including renowned names such as The Observatory, The Meat Co, Fume, Cocktail Kitchen, Barrel 12, Sun&, Tribeca, Aquara, Tortuga, KANPAI, El Sur, Café Habana and many more. The Entertainer Cheers is your best partner to enjoy the cooler weather, so don't miss your chance to get it for free! Cheers is intended for the use by persons of legal drinking age (over 21 years) and non-Muslim.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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